

COUNTY EXECUTIVE **BRUCE A. BLAKEMAN** PRESENTS



# NASSAU NEWS

FROM THE DEPARTMENT OF HUMAN SERVICES

## OFFICE FOR THE AGING

60 Charles Lindbergh Boulevard • Uniondale, New York 11553 • 516-227-8900

**JILL D. NEVIN**  
COMMISSIONER

**DEBBIE PUGLIESE**  
DEPUTY COMMISSIONER

## June 2025

### Older Americans Month Celebration

This year Nassau County Office for the Aging celebrated Older Americans Month with the 49<sup>th</sup> Annual Older Americans Month Conference & Luncheon on Friday, May 16, 2025, at the Long Island Marriott in Uniondale. This year's theme, *Flip the Script on Aging*, focused on the importance of combating ageism to transform how society perceives, talks about and approaches aging by challenging stereotypes and highlighting the benefits of health aging.

Older adults and aging services providers enjoyed a vendor fair and three workshops; *Better Balance, Better Life* presented by Nassau County Office for the Aging and Mount Sinai Hospital, *Farm Fresh & Flavorful: Embracing Local, Seasonal & Sustainable Eating* hosted by Cornell Cooperative Extension of Nassau County, and *Protecting Communities: The Nassau County District Attorney's Office Through the Years* presented by the Nassau County District Attorney's Office.

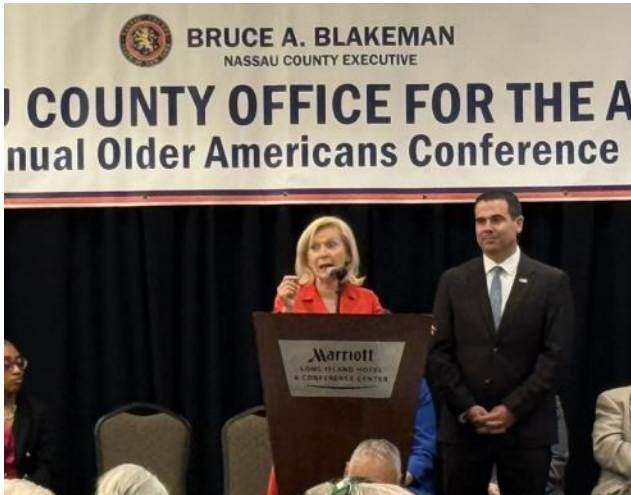
According to Nassau County Executive Bruce A. Blakeman, "Older Americans built our county and we owe them all a debt of gratitude. Each year in May, we celebrate Older American's Month with honor two *Seniors of the Year*. This year the two residents selected are outstanding; both Linda Lee Hendrickson and Eric Spinner have spent their lives giving back to their communities and they are both inspirational. I will continue to provide the support and resources our seniors need to continue to thrive."

Speakers included Nassau County Comptroller Elaine Philips, Nassau County District Attorney Anne Donnelly, Nassau County Legislator John Ferretti Jr., Health and Human Service Commissioner Jill D. Nevin, Deputy Commissioner Debbie Pugliese and Charles Williams from the New York State Office for the Aging. It was a wonderful day to celebrate all the Older Americans in Nassau County!



Pictured here, Nassau County Legislators Patrick Mullaney, C. William Gaylor III, Mazi Philip, Tom McKevitt, and Rose Walker, Seniors of the Year Eric Spinner and Linda Lee Hendrickson, Legislator John Ferretti Jr., Kayla Knight and Legislator John Giuffre.

# Older Americans Month Conference Friday, May, 16 2025



## 2025 SENIORS OF THE YEAR

### LINDA LEE HENDRICKSON



Linda Lee Hendrickson is a lifelong resident of Oceanside. She graduated from Hofstra University and taught social studies at Freeport High School for 48 years. During her tenure, she became department chairperson. In addition to her teaching duties, she coached girls' tennis, basketball, softball, and cheerleading. She was also involved in the PTA, Sports Boosters, as well as Dollars for Scholars for more than 30 years. After Super Storm Sandy, she established a command center at Freeport High School where residents could receive much-needed aid.

Upon retiring, she increased her volunteering, helping others is a way of life for Linda. She became more involved in volunteer activities at the Freeport United Methodist Church and the Soup to Nuts Soup Kitchen as well as making monthly trips to Pennsylvania to help with family. Linda drives people to appointments and sends words of encouragement to those in need. She is an expert cook and famous for her soups and cakes which she regularly takes to the homebound and elderly. Additionally, she serves as president of the Board of Trustees at the church.

Linda is an inspiration to all who hear her, whether at monthly sermons as a lay preacher at the Freeport United Methodist Church or to the children who attend her weekly church school classes. It is a rare person who reaches out to people of all ages, from all backgrounds and does it in such a non-judgmental, selfless, and humble manner as Linda Hendrickson.

### ERIC SPINNER



Eric Spinner was born in Brooklyn, and moved to Nassau County at the age of 7. He attended Valley Stream South Junior Senior High School where "shop" classes were his favorite. He then went on to NYC Community College and later earned an AAS in Electrical Technology from the New York Institute of Technology.

In 1965, Eric joined the New York Army Reserve National Guard, and attend Basic Training at Fort Gordon, Georgia and Advanced Training as a Counter-Artillery Radar Operator at Fort Sill, Oklahoma. He attained the rank of Sp-5 and was honorably discharged in July of 1971. After returning home, Eric became a shop teacher in a New York City high school, where he taught for more than 37 years.

Eric has served as a volunteer for the New Hyde Park Chamber of Commerce, Veteran stand-downs and the Nassau County Veterans Service Agency. He is actively involved with the Jewish War Veterans Post 652, American Legion Post 1033, Town of North Hempstead Veterans Committee, Nassau County Police Commissioner's Community Council, and many others. He is co-host and co-producer of UVO Veterans News as well as podcast host for Holocaust Memorial and Tolerance Center in Glen Cove. Eric is available at a moment's notice to move furniture or anything else for the veteran community.

## OLDER NEW YORKER'S DAY



In addition to representing Nassau County, Linda and Eric were honored at Older New Yorkers' Day on Tuesday, May 27th in Albany. Here they are pictured with Nassau County Office for the Aging Deputy Commissioner Debbie Pugliese and New State Office for the Aging Director Greg Olsen.



# Hello June



S W I M M I N G E T W W N N B W J  
 E D A N O M E L M C M E O V M Y N  
 L N M T D N X N W V I I A G N B R  
 T G D D G P A O N B T T A T K Y V  
 B E A C H M L I E A R R S N H Q J  
 R E M M U S E T C N D L N L Y E J  
 I E U C E B R A B E I T M S O Q R  
 P C W T V J V U N E D H T P L S D  
 I J E R K P D D Y M N R S R M D D  
 C Y B C G M P A P R A U E N T A J  
 N B X G R V M R G W Q H J D U J C  
 I B M Y V E K G B Y T N L D Y S G  
 C Y J T L W A E L A V N N S J A N  
 G X D B T N R M F R X Y T N L Q N  
 M Q D Y X R X W G T Q O L F T R R  
 J N Z P Y J Y M X B R X M L N K Z  
 P G B L N J N L J M G L M P D J Y

Flag  
 Solstice  
 Ice Cream  
 Barbecue  
 Camp  
 Picnic  
 Relax  
 Garden  
 Strawberry  
 Father

June  
 Summer  
 Vacation  
 Sunshine  
 Beach  
 Swimming  
 Weather  
 Lemonade  
 Storm  
 Graduation

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

## Veterans Spotlight



On June 14, 2025, the Army will celebrate its 250th birthday. The U.S. Army, founded even before the nation it defends, has been an integral force in shaping America's history and protecting its democratic ideals.

Since its foundation, the Army has served as a steadfast guardian of the United States, safeguarding the American way of life through dedication, resilience, and strength. From the Revolutionary War to modern-day missions, Army Soldiers have exemplified the spirit of service, overcoming challenges and transforming obstacles into opportunities that have built and defended our nation.

## Sight Through Support Group

On Wednesday, May 14th, New York State Office for the Aging Chief of Staff John Cochran and Nassau County Office for the Aging Deputy Commissioner ,Debbie Pugliese visited the Nassau County Sight Through Support Group for residents who are visually impaired. The group, facilitated by Helen Keller Services for the Blind, meets every Wednesday at 1:30 pm at the Hempstead Senior Center. Beginning June 26th an additional group will be meeting at the Wantagh Senior Center. For more information on this program please call (516) 227-8900.



## Cinco De Mayo Celebration



On Friday, May 2nd, Office for the Aging celebrated Cinco De Mayo with a luncheon at the Bethpage Senior Center. The participants had a fun lunch with a visit from District Attorney Anne Donnelly and Nassau County Legislators Samatha Goetz and James Kennedy.



## New York State Golden Park Program

If you are a New York State resident 62 or older, from Monday to Friday (except holidays) you can obtain free vehicle access to most state parks, boat launch sites and arboretums as well as a fee reduction to state historical sites and state-operated golf courses. Present your valid NYS Drivers License or NYS Non-Drivers ID Card at the park entrance. For locations with pay stations, please call the facility directly for information. For more information about this program contact the NY State Park Long Island Region office at (631) 669-1000.





June 2025 NEWSLETTER

# "Bone" Appétit



## Delicious and nutritious foods for your bones and joints

*Learn how to improve your bone and joint health by consuming a well balanced diet and having an overall healthy lifestyle.*

As we age, our bodies naturally go through many changes—especially when it comes to our bones and joints. Two of the most common concerns that pop up are osteoporosis and arthritis. These conditions can slow us down and put a dent in our quality of life. But here's the good news: you can take charge and give your bones and joints the love they deserve!

The key is all about eating well and staying active. A balanced, nutrient-packed diet plus a little movement can go a long way in keeping your bones strong and your joints limber. Keep the following nutrients in mind for your health:

**Calcium**

**Vitamin D**

**Vitamin C**

**Omega-3 fatty acids**

Filling your plate with these nutrients can help keep your bones and joints feeling their best.

## Quick Nutrition Tips:

Here is a list of foods that are full of the necessary nutrients to maintain your bone and joint health:

- Milk**
- Yogurt**
- Kefir**
- Soy Milk**
- Cheese**
- Spinach**
- Kale**
- Turnip**
- Bok Choy**
- Tofu**
- Salmon**
- Sardines**
- Orange Juice**

## Senior Centers Happenings...

St. Pius Senior Group at the Bethpage Senior Center hosted a Tea Party and had a visit from Comptroller Elaine Phillips



St. Pius Group also enjoyed A Day at the Races



Thank you to Mary Jo Collins, Town of North Hempstead Receiver of Taxes for visiting the Roslyn Senior Center and sharing important tax information and explaining the STAR Exemption Program



Hispanic Brotherhood in Hempstead had an Intergenerational art class. Nassau County Office for the Aging issued Senior ID cards for participants.



Mount Sinai South Nassau presented a Tai Chi for Arthritis and Fall Prevention class in Point Lookout



A very informative Medication Management Seminar, presented by Nassau University Medical Center at the Hempstead Senior Center



## Senior Centers Happenings...

Great Neck Senior Center  
Indian Gathering Program members.



Hewlett Senior Center at New Horizons  
Book Club members with  
Deputy Commissioner Debbie Pugliese



## Milestone Birthday Celebrations!

Marianno affectionately known as “Mudd” celebrated his 100th birthday with friends and family at La Famiglia in Plainview. Well wishers include Nassau County Legislator Rose Walker, NYS Senator Steve Rhodes, and Nassau County Comptroller Elain Phillips.



Happy 85th Birthday Francesca!  
She celebrated with friends at the  
Wantagh Senior Center

# Senior SUMMER CONCERTS

### NOONTIME CONCERT SERIES

WEDNESDAYS, 12:00-2:00PM | EISENHOWER PARK, Field #1

All Events weather permitting. Call 516-572-0200 for up-to-date information.  
Free Admission / Bring Blankets & Chairs

#### MAY

May 28.....Twin Gold

#### JUNE

June 4.....Vinny Pizzo

June 11.....Margarita Rose & Tony

June 18.....Tangerine

June 25.....Stiletto & Saxman

#### JULY

July 2.....Louis Del Prete

July 9.....Just Nuts

July 16.....Theresa McClean

July 23.....Blue Angel

July 30.....Edie Van Buren

#### AUGUST

August 6.....Johnny Avino

August 13.....The Tercels

August 20.....Barbara Harris

August 27.....Dennis Dell

#### SEPTEMBER

Sept 3.....Bob Damato

Sept 10.....Tommy Sullivan

Sept 17.....Amber Ferrari Band

Sept 24.....Risky Business



### AFTERNOON CONCERT SERIES

MONDAYS, 5:00-6:30 PM | EISENHOWER PARK, LAKESIDE THEATRE, Field #6

#### JUNE 16

Sons of Pitches & Manhattan Skyline

#### JULY 21

Chiclettes & Vinnie Medugno

#### AUGUST 18

Stan Zizka's Del Satins

Bring Blankets & Chairs



Scan here to  
visit our  
website

