



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

### May 2025

#### Celebrating Older Americans Month: Flip the Script on Aging



FLIP THE SCRIPT ON AGING: MAY 2025

Older Americans Month, which is celebrated every May, is a time to acknowledge the contributions and

achievements of older Americans, highlight important trends and strengthen our commitment to honoring our older citizens.

Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other activities. Here in Nassau County we appreciate our older adults and all that they do to help our local communities. Their efforts, kindness and support have made a significant impact on the county!

This year's theme, **"Flip the Script on Aging,"** focuses on the importance of combating ageism to transform how society perceives, talks about, and approaches aging by challenging stereotypes and highlighting the benefits of healthy aging.

NY State has challenged us to **"Flip the Script on Aging"** and OFA Deputy Commissioner Debbie Pugliese had the privilege to meet a special group of volunteers in the cafeteria at Sacred Heart Church in Merrick. This group,

which is affectionately known as the ***Peanut Butter & Jelly Gang***, assembles over 400 sandwiches, EVERY WEEK to donate to those in need. The volunteers range in age from their 60s to their late 80s, and include one woman who is legally blind. Each week, they bring in supplies to make the sandwiches, then lovingly prepare all of the sandwiches. Once complete, a volunteer from the Knights of Columbus delivers the sandwiches to the surrounding communities.

This group has truly **"Flipped the Script on Aging"** showing all of us that if you have the will to get involved, nothing can or will stop you.

**We challenge all of you to "Flip the Script on Aging" and live your best life!**





# Guide to Gut Health



## What builds a healthy gut?

*Learn about the nutrients to support digestive health*

The digestive system is a system of multiple organs that work together to digest and absorb nutrients from the food you eat. There are also bacteria in your gastrointestinal tract, which is known as the **gut microbiome**, to help with digestion.

The gut microbiome assists the body with breaking down certain complex carbohydrates, providing necessary enzymes that are used to make certain vitamins (B1, B9, B12, K), and producing short chain fatty acids as byproducts (which then help maintain the gut barrier).

To support your digestive system, your body needs a combination of fiber, prebiotics, and probiotics. **Fiber** is found in fruits, vegetables, and grains (especially whole grain products). **Prebiotics** are specific fiber foods that help stimulate the growth of “good bacteria” in the gut.

Lastly, **probiotics** are live bacteria or microorganisms that help maintain the “good bacteria” population in our gut.

Here are some food examples of each:

**Fiber:** whole wheat, quinoa, brown rice, legumes, leafy greens (kale), almonds, walnuts, seeds, fruits with edible skins (apples, pears)

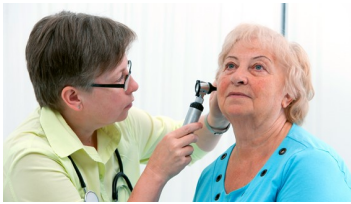
**Prebiotics:** asparagus, avocado, bananas, , eggplant, garlic, leeks, onions, honey, dandelion greens, oats,

**Probiotics:** sauerkraut, kimchi, pickles, yogurt, kefir, buttermilk, kombucha, miso

<https://www.niddk.nih.gov/health-information/digestive-diseases/digestive-system-how-it-works>  
<https://nutritionsource.hsph.harvard.edu/carbohydrates/fiber/>  
<https://my.clevelandclinic.org/health/body/25201-gut-microbiome>

## May is Better Hearing and Speech Month

Each May, National Speech-Language-Hearing Month, provides an opportunity to raise awareness about hearing and speech problems, and to encourage people to think about having their hearing checked. Early identification and intervention for hearing loss is important. Many people live with unidentified hearing loss, failing to realize that they are missing certain sounds and words. Checking hearing is the first step toward addressing the issue.



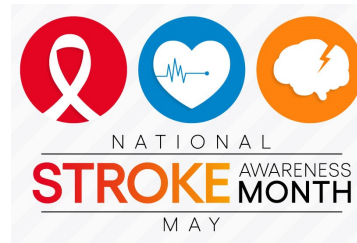
The average person is born with about 16,000 hair cells within their inner ear. These cells allow your brain to detect sounds. By the

time you notice hearing loss, many hair cells have already been damaged or destroyed. You can lose 30% to 50% of hair cells before changes in your hearing can be measured by a hearing test. Damaged inner ear hair cells do not grow back.

Although there is no treatment to restore hearing, you can take steps to help prevent hearing loss. People often expose themselves to loud sounds through their headphones or at concerts, sporting events, and even fitness classes. If you need to shout to make yourself heard, then the noise is too loud, and you need hearing protection such as earplugs or noise-cancelling headphones. Do not listen to headphones for an extended period of time, make sure to turn the volume down and take periodic breaks from the noise. Avoid excessive noise exposure and move away or distance yourself from loud sounds

If you already have hearing loss or are experiencing pain, discomfort, or ringing in the ears, schedule a hearing check with your doctor. Remember you can take steps to protect your hearing health.

## Stroke Awareness



May is recognized as National Stroke Awareness Month, a time to raise awareness about stroke, its signs, and ways to prevent strokes. Each year

millions of people are affected by strokes, and Stroke Awareness month empowers us to act towards better brain health and stroke prevention.

Stroke is the fifth-leading cause of death for all Americans and also a leading cause of serious long-term disability. Stroke reduces mobility in more than half of stroke survivors age 65 and older. In the United States, 1 in 5 women between the ages of 55 and 75 will have a stroke. Stroke is the third leading cause of death for women.

### **The following are signs of a stroke:**

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking, or difficulty understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance, or lack of coordination.
- Sudden severe headache with no known cause.

### **If you think someone may be having a stroke, act F.A.S.T. and do the following test:**

- **F**ace: Ask the person to smile. Does one side of the face droop?
- **A**rms: Ask the person to raise both arms. Does one arm drift downward?
- **S**peech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?
- **T**ime: If you see any of these signs, call 9-1-1 right away.

Together through education, prevention, and compassionate care we can reduce the impact of stroke and build healthier, more informed communities.



# May Word Search



S Y Y E L J D J V A C A T I O N  
 L L R F N M O T H E R ' S D A Y  
 A F E L T I L L V S M L B L Q  
 V R N O A M H E R R H T M R A W  
 I E E R W I B S O M B N D L G R  
 T T E A D R R O N L G A R D E N  
 S T R L A E D O O U G N I R P S  
 E U G T W T E S M T S R I A F B  
 F B I O U P S F I E S T A X Z J  
 V O L O O O G R O W M A Y K Y L  
 N F Y H M L P M J L Q K P G W L

- |              |           |
|--------------|-----------|
| Hope         | Grow      |
| Butterfly    | May       |
| Spring       | May       |
| Floral       | Blossom   |
| Flower       | Garden    |
| Sunshine     | Warmth    |
| Greenery     | Outdoors  |
| Celebration  | Memorial  |
| Mother's Day | Fiesta    |
| Fairs        | Festivals |
| Vacation     |           |

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

## Veterans Spotlight

On April 11th, District Attorney, Anne Donnelly spoke with the Veterans at the Bethpage Senior Center. It was so interesting to hear all about her office. The District Attorney's Office is responsible for all criminal and minor offense prosecutions that occur in Nassau County, amounting to tens of thousands of new criminal cases every year.

The Nassau County District Attorney's office works with their local, state, & federal partners to bring criminal charges in the various courts of the county, including District Court in Hempstead, local courts in Glen Cove and Long Beach, and the County Court in Mineola.



District Attorney Anne T. Donnelly is the 17th DA of Nassau County, taking office in 2021, & the fourth consecutive woman to hold the office. Prior to her election, DA Donnelly spent 32 years in the District Attorney's office in many different roles, under three District Attorneys and most recently serving as Deputy Bureau Chief of the Organized Crime and Rackets Bureau, which prosecutes long-term investigations into Organized Crime as well as criminal enterprises, which includes corruption schemes, money laundering and cybercrimes.

In her role as deputy bureau chief, DA Donnelly also oversaw the prosecution of all internet and computer-related crimes and served as liaison to the Nassau County Correctional Center.

DA Donnelly cares deeply about keeping communities safe, beginning with ensuring dangerous individuals are kept off our streets, tackling the scourge of gun violence that destabilizes our neighborhoods, and lobbying for substantial changes to New York's bail laws. She also believes strongly in ensuring at-risk individuals are given the support and resources they need to break the cycle of addiction and incarceration.

The Nassau County District Attorney's Office is one of the largest of its kind in the nation, with a staff of more than 200 prosecutors and law assistants, 45 investigators, and 174 legal secretaries, paralegals, crime victim advocates, intelligence analysts and other support staff.



## Senior Centers Happenings...

Easter Crafts and celebrations at the Wantagh Senior Center



Easter Celebration at the Hispanic Brotherhood in Hempstead



Herricks Senior Center celebrated its volunteers with a Volunteer Recognition Day!



The Freeport Senior Center at the Salvation Army hosted a Friends & Family Day where youth and seniors played a game of Tumbling Towers and painted rocks.



Chair Soccer at the Freeport Senior Center at the Salvation Army



Oyster Bay Senior Center celebrated its volunteers with a Volunteer Luncheon!



# Senior Centers Happenings...

## North Merrick participants enjoyed visiting with their local Legislators!

Legislator Michael Giangregorio who is a Merrick resident stopped in with Legislator John Ferretti to chat with the Senior Center participants.



Point Lookout participants enjoyed their bus ride for their weekly shopping trip!



## Food Tasting

Freeport Senior Center participants attended a focus group to taste test a new breakfast item that will be on their menu beginning in June.



Victoria is a volunteer at the North Merrick Senior Center who started a quilting club. Victoria and Carolyn displayed some of the clubs members beautiful work.



The Nassau County Office for the Aging provides transportation for older adults from their home to their local Nassau County Senior Center.

Call Office for the Aging at (516) 227- 8900 to see which of our 17 centers is closest to you!

Center Name	Address	Town	Phone
Bethel AME Church Senior Lunch Program	420 North Main Street	Freeport	516-377-4469
Freeport SCSC at the Salvation Army	66 Church Street	Freeport	516-623-2008
Glen Cove SCSC	130 Glen Street	Glen Cove	516-759-9610
Great Neck Senior Citizens, Inc.	80 Grace Avenue	Great Neck	516-487-0025
Hempstead SCSC at Union Baptist Church	24 Rev Clinton C. Boone Place	Hempstead	516-565-1568
Hispanic Brotherhood of RVC at Our Lady of Loretto	104 Greenwich Street	Hempstead	516-483-6018
Herricks SCSC at Herricks Community Center	999 Herricks Road	Herricks	516-305-8976
New Horizon Counseling Center	1355 Noel Avenue	Hewlett	516-374-9253
Jewel Quinn Senior Center at Brookside School	1260 Meadowbrook Road	North Merrick	516-571-8675
Oceanside SCSC at St. Anthony's Parish	80 Anchor Avenue	Oceanside	516-764-9792
The Life Enrichment Center at Oyster Bay	45 East Main Street	Oyster Bay	516-922-1770
Point Lookout SCSC	15 Parkside Drive	Point Lookout	516-432-5555
Hispanic Brotherhood of RVC	59 Clinton Avenue	Rockville Centre	516-766-6610
Roslyn SCSC at Trinity Episcopal Church	1579 Northern Boulevard	Roslyn	516-944-9654
Wantagh SCSC at St. Jude's Church	3606 Lufberry Avenue	Wantagh	516-797-5357
West Hempstead SCSC at St. Thomas the Apostle	24 Westminster Road	West Hempstead	516-481-3322
Senior Citizens of Westbury, Inc.	360 Post Avenue	Westbury	516-334-5886

## Milestone Birthday Celebrations!

Happy 100<sup>th</sup> Birthday to Ann! Comptroller Elaine Phillips, County Executive Bruce Blakeman, the District Attorney Anne Donnelly and Nassau County Legislator Tom McKeivitt celebrated Ann's 100th birthday.



Happy 100<sup>th</sup> Birthday to Max! District Attorney Anne Donnelly, County Executive Bruce Blakeman, and the Comptroller Elaine Phillips, celebrated Max's 100th birthday.



Jean-Baptiste Carelus presented a citation to Pansy Keyes on behalf of County Executive Bruce Blakeman to celebrate her 100th Birthday!



Happy 90th Birthday **Fred!** Who celebrated at the Sight Through Support (STS) Group meeting.

Jeff Pravato, Town of Oyster Bay Receiver of Taxes, along with Town of Oyster Bay Councilwoman Vicki Walsh celebrated **Filomena's 95th birthday** at the Oyster Bay Senior Center with family and friends.



The Office for the Aging is focused on reaching EVERY older adult in Nassau County. Our team attends health fairs, civic meetings, concerts, presentations, etc. to reach out to you.



Scan here to visit our website

