

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

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April 2025

National Pickleball Month

National Pickleball Month is a month-long celebration of the sport of pickleball, organized by USA Pickleball. It's intended to be a fun, connective, and engaging experience for pickleball players of all skill levels.



Pickleball can trace its history back to 1965 when it was founded by three friends on Bainbridge Island in Washington

state. Beginning in a grassroots way, pickle ball began to grow in the Pacific Northwest region where it was founded and has more recently grown in popularity throughout the entire nation.

Understandably, many people are curious about how the sport got its name! And it has nothing to do with eating pickles. As it turns out, the name came about from the wife of one of the original founders the same summer that they began playing. She considered it to be a reference to the leftovers that are thrown together, in the same vein as the leftover or non-starters in crew races.

National Pickleball Month got its start in 2018 when it was established by the USA Pickleball Association (USAPA) with the purpose of raising

awareness and connecting more people with the sport. USAPA is the national governing body for the sport that looks a bit like tennis but has a bit of a spin on it as well as a smaller court.

Whether an avid fan or rather new to the sport, anyone and everyone is invited to join in on the fun by celebrating and participating in National Pickleball Month! Pickleball also has benefits to physical health, including improved heart health from cardio exercise, benefits to balance and coordination. Pickleball is also helpful for mood and mental health and creates opportunities for social connection.

The best way to get involved in National Pickleball Month might be to try playing it! Those who are new to the game can head over to a court to watch first, check out some tutoring sessions online, then just grab some friends!

Introduction to Pickleball

Bethpage Senior Center
103 Grumman Road West
Bethpage, NY 11714

Wednesday April 30th 2:30—4:00
For Reservations call 516-227-8900

Wear Sneakers!



April 2025 NEWSLETTER

Avoiding Nutrition Misinformation



Don't let nutrition misinformation put your life at risk!

Learn how to identify nutrition myths and misleading claims in order to stay happy and healthy.

With so much nutrition advice flooding the internet, TV, and even from well-meaning friends, it's easy to get lost in the noise and struggle to distinguish fact from fiction. Unfortunately, misleading nutrition information can lead to unnecessary food restrictions, wasted money, and even potential health risks. That's why it's crucial to stay informed and be discerning—protecting your well-being and helping others do the same.

Reliable nutrition advice comes from trusted sources, such as Registered Dietitians, credible websites ending in .gov, .org, or .edu, and peer-reviewed journals. If the information doesn't come from these sources, it's best to approach it with caution. Remember, true healthy eating is all about balance—not complete exclusion of any food group. Stay informed, stay healthy!

Quick Nutrition Tips:

Here are some tell-tale signs to watch out for to avoid nutrition misinformation:

- **Quick-fix promises:** Instant results are rarely realistic.
- **Too-good-to-be-true:** If it sounds unbelievable, it likely is.
- **Simplified conclusions:** Watch for oversimplified interpretations of complex studies.
- **Single-study advice:** Don't trust claims based on one study.
- **Dramatic statements:** Beware of claims rejected by experts.
- **"Good" vs. "bad" foods:** Healthy eating isn't about extremes.
- **Unscientific testimonials:** Avoid products backed only by personal stories.

Medicare Preventive Services: Yearly Wellness Visit

If you've had Medicare Part B for longer than 12 months, you can get a yearly "Wellness" visit to develop or update your personalized plan to help prevent disease or disability, based on your current health and risk factors. **The yearly "Wellness" visit isn't a physical exam.**



Your doctor or other health care provider will ask you to fill out a questionnaire, called a "Health Risk Assessment," as part of this visit. Answering these questions can help you and your doctor develop a personalized plan to help you stay healthy.

Your visit may include:

- Routine measurements (like height, weight, and blood pressure)
- A review of your medical and family history
- A review of your current prescriptions
- Personalized health advice
- Advance care planning

Your health care provider will also perform a cognitive assessment to look for signs of dementia, including Alzheimer's disease. If your health care provider thinks you may have a cognitive impairment, Medicare covers a separate visit to do a more thorough review and design a care plan.

You pay nothing for this visit if your doctor or other health care provider accepts original Medicare. The Part B deductible doesn't apply. However, you may have to pay coinsurance and the Part B deductible may apply if your health care provider performs additional tests or services during the same visit that Medicare doesn't cover under this benefit.

Do you know the Difference?

Annual Wellness Visit

- Free benefit for Medicare patients
- Interview-style appointment
- Personalized prevention plan
- Review of vitals and current medications

Annual Physical

- Physical exam appointment
- Family history and personal history review
- Review of vitals and current medications

**Call Nassau County NY Connects at
(516) 227-8900 for more details**

Veterans Spotlight

Honor Flight Long Island (HFLI) is a regional hub of the national Honor Flight Network, dedicated to honoring America's veterans by providing free, all-expenses-paid trips to Washington, D.C. These trips allow veterans to visit the memorials dedicated to their service and sacrifices. HFLI focuses on veterans from World War II, the Korean War, and the Vietnam War, offering them a day of recognition and remembrance. Since its inception, HFLI has transported over 2,000 Long Island veterans to the nation's capital. The organization prioritizes applications from veterans who received an honorable discharge before May 7, 1975, the designated end of the Vietnam War. Guardians accompany veterans to assist them throughout the trip. For more information, to apply for a flight, or to support their mission, visit HFLI's official website at www.honorflightlongisland.org.



Deputy Commissioner Debbie Pugliese with Jamie Bowden from Honor Flight Long Island, Director of Nassau County Veterans Service Agency Ralph Esposito, Sunny Maxon Honor Flight participant and NYS Office for the Aging Chief of Staff John Cochran at the Lynbrook Veterans Luncheon.



Ralph Esposito, Director of Nassau County Veterans Service Agency along with Deputy Commissioner Debbie Pugliese and NYS Office for the Aging Chief of Staff John Cochran Celebrate with Bob who is a 100 year old WW II Veteran.



April Fun Word Search



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

- | | |
|----------|------------|
| April | Drizzle |
| Showers | Planting |
| Rainbow | Springtime |
| Bloom | Chocolate |
| Flowers | Bonnet |
| Tulip | Eggs |
| Puddle | Grass |
| Sunshine | Umbrella |
| Easter | Thunder |
| Bunny | Cloudy |

To join Office for the Aging's email distribution list please email us at:
seniors@hhsnassaucountyny.us

Catholic Charities Spring Fling

On March 27th Holy Trinity High School hosted the participants from the Catholic Charities Senior Centers for a Spring Fling. At this festive event the high school students served the seniors. Each of the tables were set up with a combination of seniors and teens with table topics that could spur on conversation.

After lunch they all took part in an afternoon of dancing.

Great fun was had by all!



Stepping On Class

Stepping On is a 7-week falls prevention program conducted by trained facilitators, and designed for adult learners. Office for the Aging, NUMC and the Garden City Senior Center collaborate to implement this program which is from the Wisconsin institute for Healthy Aging.

Stepping On workshops take fall prevention step-by-step. You'll learn how to build and maintain the physical strength and balance you need to walk confidently. From footwear to prescriptions, you'll learn what increases your risk of a fall, how to avoid it, and make an individualized plan to stay on your feet!

Stepping On brings together the life experience of its participants and the expertise of professionals. From the first session, participants put new skills to use. Group members do activities each week to reinforce the information learned at the workshop. Physical therapists and other experts help the group adapt fall prevention practices for individual needs and levels. Stepping On has been researched and proven to decrease falls by 31%. Fewer falls mean fewer injuries, fewer visits to the emergency room, fewer hospitalizations, and fewer deaths due to a fall.

If you are interested in a workshop call Office for the Aging at (516)227-8900.



Presentations & Seminars

Office for the Aging is dedicated to enriching the lives of older adults by providing a variety of educational presentations and seminars at local senior centers throughout the county. These programs aim to promote health, wellness and lifelong learning. Presenters included workshops from Alzheimer's Foundation of American, Cornell Cooperative Extension of Nassau County, Catholic Health, Mount Sinai and NYU Langone.



Jennifer Reeder, LCSW, SIFI from Alzheimer's Foundation of American presents Dementia-Related Illness: Beyond Signs and Symptoms presentation at the West Hempstead Senior Center.



Khy Ee Siew, RD from Cornell Cooperative Extension of Nassau County talks about how food connects us at the Bethpage Senior Center as part of the Monthly Lunch & Learn events.

Real ID Information



REAL ID



Enhanced ID

What do you need to fly?

After May 7, you will need a REAL ID compliant document to fly domestically. If your License, Permit or Non-Driver ID has a Star (REAL ID) or a Flag (Enhanced) on it - or you have a valid Passport - you are all set to fly. Other acceptable forms of identification can be found on the [TSA website](#).



Passport

If you don't have one of these documents, you can visit a DMV office to upgrade to a REAL ID or an Enhanced ID.

For more information on which ID is right for you, how to make a reservation, and what documents to bring, check out the [DMV website](#).



Officer Messimer presents on Senior Scams at the Oyster Bay Senior Center.

Senior Centers Happenings...

Wantagh SC Celebrates Mardi Gras!



Oceanside SC St. Patrick's Day Party!



Manicures at the Point Lookout SC.
A special thank you to Nassau County BOCES
for all you do for our seniors.

Freeport SC competes for prizes during game show hour called "Game Time with Wade"
This month's game included a ping pong ball toss and word scramble, with 3 rounds between 8 teams.



Milestone Birthday Celebrations!

Elsie Mosler Celebrating her 100th Birthday with Comptroller Elaine Philips, County Executive Bruce A Blakeman and Leg. Tom Mckevitt.



Paul and his wife Diane celebrated his 80th birthday at the Wantagh SC!



Ethel Brazier's 100th birthday celebration at the Arbors Assisted Living in Jericho on March 5th. Ethel's family members came to celebrate.



New Lease Agreement at Local Community Center

After 30 years, the Long Beach City Council has officially approved a new lease agreement with M.L.K., Inc., marking a fresh start for this beloved community center. With a new board in place and a shared vision for a vibrant center, Nassau County is excited for what's ahead!



NY Senior Softball Association Luncheon hosted By Office for the Aging at the Bethpage Senior Center



Are you part of a community organization that would like a presentation from the Nassau County Office for the Aging?



Call (516) 227-8900 to schedule a presentation.

Scan here to visit our website

