



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

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DEPUTY COMMISSIONER

## August 2025

### Summer Fun Across Nassau County

Summer is in full swing and there is no better time to get out, get active and make new friends. Nassau County is proud to offer a wide range of programs and events. Whether you enjoy music, arts, fitness or cooking, there is something for everyone. Here are a few things to enjoy this summer!

#### Attend an Outdoor Concert:



Nassau County Office for the Aging hosts the Noontime Senior Summer Concert Series Wednesdays through September 24<sup>th</sup> at Eisenhower Park, Field

#1 at Merrick Avenue from noon to 2 pm. Enjoy live music from golden oldies, Motown and more. Bring a lawn chair, lunch and a friend!

#### Join a Senior Center:

Senior Centers throughout Nassau County are hosting an Open House on Thursday, August 21<sup>st</sup>. For more information please call (516) 227-8900.

#### Visit a Farmers' Market:

Nassau County Office for the Aging has partnered with Cornell Cooperative Extension of Nassau County to bring fresh local produce to residents. The East Meadow Farm Stand is open every Wednesday through October 29<sup>th</sup> from 11:00 am to 2:00 pm.

#### Take a Class:



Nassau County Office for the Aging hosts exercise and health promotion classes across the county, such as pickleball,

Chair Yoga, Zumba and workshops on various topics ranging from Medication Management to Fall Prevention.

#### Visit a Museum:

There are numerous museums operated by Nassau County, including Tackapausha in Seaford, which provides a window into many of the natural habitats of Long Island. The African American Museum in Hempstead has a terrific schedule of exhibits and programs celebrating both local and national African American artists and historic figures.

The Cradle of Aviation Museum chronicles Long Island's many contributions to American aviation. Old Bethpage Village



Restoration, a living history museum, gives the visitor a glimpse into Long Island life in the 19<sup>th</sup> century. For more information visit:

[www.nassaucountyny.gov/1767/Parks-Recreation-Museums](http://www.nassaucountyny.gov/1767/Parks-Recreation-Museums)

***Make this summer one to remember;  
full of laughter, movement and fun!***



# Healthy Summer Eating



## Nutrition Tips for Summer

*Learn more about which produce is local to you!*

The summer season is a perfect time to best utilize the local growing season in Long Island! With seasonal fruits and vegetables, healthy summer eating can be made easier by understanding the nutritional benefits and exploring new recipe ideas to use local produce.

During the summer, you can look forward to produce such as:

- Blueberries
- Raspberries
- Peaches
- Cherries
- Currants
- Grapes
- Strawberries
- Beets
- Broccoli
- Cabbage
- Carrots
- Corn
- Cucumbers
- Lettuce
- Radishes
- Rhubarb
- Spinach
- Summer squash
- Swiss chard
- Tomatoes
- Zucchini

### Featured Recipe:

#### *Peach Tomato Salsa*

##### **Ingredients**

- 3 tomatoes, chopped
- 3 tomatillos with paper-like husk removed, chopped
- 1/2 green bell pepper, chopped
- 1/2 cucumber, unpeeled, chopped
- 2 peaches, chopped
- 1 red onion, chopped
- 2T fresh lime juice
- 1/2 cup fresh cilantro, chopped
- 1/4 tsp black pepper (optional)
- 1 jalapeño pepper, chopped small (optional)

##### **Directions**

- Add all chopped vegetables to a large bowl.
- Add fresh lime juice & mix well.
- Mix in fresh cilantro & black pepper.
- Serve immediately or keep refrigerated.

## Nassau County Executive Bruce Blakeman Signs Law to Prevent Animal Abuse and Hold Offenders Responsible

Nassau County Executive Bruce Blakeman signed into law a new bill that will help close enforcement gaps and deter animal abuse in Nassau County.

The legislation, authored by Nassau County Legislator John Ferretti, significantly strengthens Nassau County's existing animal abuse law passed in 2014. The bill expands the definition of animal abuse-related misdemeanors to include people who starve, abandon, or purposely harm animals by physically attacking them or leaving them in dangerous environments, like hot cars.

The legislation also doubles the length of time offenders will be placed on the Animal Abuse Registry. First-time offenders will now be put on the registry for 10 years, with the duration for repeat offenders extending to 20 years.



"This is a bill that protects animals from abuse... and it is something that will help our animals and make sure that they're safe," **said County Executive Blakeman.** "We respect and love pets here in Nassau County."

Under the new law, offenders placed on the Animal Abuse Registry will also be barred from owning or living with animals during their time on the list. Violators could face up to one year in jail and a fine of up to \$1,000.

"No longer will people who have abused animals be able to own an animal or possess an animal. If you want to abuse an animal in Nassau County, you lose the right to have one in your possession. That's what this bill does," **said Nassau County Legislator John Ferretti.**

## Nassau County Comptroller Elaine Phillips Visits Seniors at Chabad of the Five Towns



Nassau County Comptroller Elaine Phillips' responsibility is to safeguard taxpayer dollars, but she is also committed to sharing tools that help keep residents safe and informed. Elaine attended the *Smile on Seniors* group at Chabad of the Five Towns to host a workshop on avoiding scams, unclaimed funds, senior discounts, and basic self-defense, drawing from her background as a martial artist.



# August Word Jumble



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

August  
 Summer  
 Vacation  
 Humid  
 Firefly  
 Farmers Market  
 School  
 Beach  
 Popsicle  
 Watermelon

Travel  
 Relaxation  
 Friends  
 Bicycle  
 Grilling  
 Flowers  
 Picnic  
 Garden  
 Peaches  
 Pool

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

## Medicare Preventive Services Spotlight:

Medicare covers a variety of preventive vaccines under Parts B and D. Part B covers vaccines like flu, pneumococcal, and hepatitis B (for those at risk). Part D, or a Medicare Advantage Plan with drug coverage, covers other recommended vaccines like shingles, Tdap, and RSV. Many Part D vaccines are now also covered at no cost.

### Medicare Part B Coverage:

- Flu shots
- Pneumococcal shots
- Hepatitis B shots
- COVID-19 vaccines



**National Immunization  
Awareness Month**

### Medicare Part D Coverage:

- Shingles vaccine
- Tdap vaccine
- RSV vaccine

It is crucial to review your specific Medicare Plan details (Part D or Medicare Advantage) to understand which vaccines are covered and if any cost-sharing applies. For Part B vaccines, using a provider who accepts Medicare assignment ensures no out-of-pocket costs for the vaccine itself, but they may still charge for the administration.

Consult with your healthcare provider about which vaccines are recommended based on your individual health status and medical conditions.

**You can learn more about  
Medicare's preventative services  
by visiting [www.medicare.gov](http://www.medicare.gov)  
or calling Nassau County HIICAP  
at (516) 485-3754**

## Veterans Spotlight

Nassau County Comptroller Elaine Phillips was at the Bethpage Veterans Luncheon in July. In August, Bethpage will have a visit from Nassau County Clerk Maureen O'Connell. Each month we host two Veteran's Luncheons, one in Bethpage and one in Lynbrook; both on the second Friday of the month. If you would like more information or for reservations, please call Nassau County Office for the Aging at (516) 227-8900.



## EZ Pass for Disabled Veterans



The New York State Thruway Authority offers free, unlimited travel anywhere on the Thruway to certain, qualifying disabled Veterans. The Thruway Authority's only qualifying criteria for the Disabled Veterans E-Z Pass Non-Revenue program is a fee-exempt vehicle registration from Department of Motor Vehicles (DMV). You must find out whether you are eligible for a fee-exempt registration before applying for the program. Eligibility is not determined by percent disabled designations, specialty license plates, or other similar criteria.

For additional information on the E-Z Pass for Disabled Veterans program, including steps on how to apply, forms, and frequently asked questions, visit the Thruway Authority's website at [www.thruway.ny.gov/eypass/veterans.html](http://www.thruway.ny.gov/eypass/veterans.html)

## Nassau County Executive Bruce Blakeman & U.S. Attorney General Pam Bondi Cut Ceremonial Ribbon On New Police Training Village



Nassau County Executive Bruce Blakeman was joined by U.S. Attorney General Pam Bondi, and Nassau County Commissioner of Police Patrick Ryder, along with many federal, state, and local

dignitaries for the ceremonial ribbon cutting of Nassau County's brand new Police Training Village on July 13<sup>th</sup>.

The opening of the Harry Singh, Bolla Charity Foundation Training Village is the latest initiative by the County Executive to support Nassau County's police force, ensuring they receive the best available training to protect local residents. County Executive Blakeman stated that investing in the brave men and women of Nassau County's police department has been one of his top priorities since taking office.

"When I became County Executive, the first thing I did was declare that Nassau County is not a Sanctuary County. I said we would back the Blue, and we have hired 300 new police officers and over 200 new correctional officers. All of our major crimes are way down – rapes, murders, robberies – down 15% just in the last year," **Blakeman said.**

That drop in crime follows Nassau County being named the safest county in America by U.S. News & World Report. It's an accolade that Harry Singh, one of the generous financial backers of the new training village, takes pride in as a local resident.

"As a business owner and Nassau County resident, I am proud to have the opportunity to give back and financially support this world-class police training facility," Singh said in a statement. "Thank you to County Executive Blakeman, Commissioner Ryder, and the men and women of law enforcement who

made this vision a reality and keep Nassau County the nation's safest county."

Nassau County Commissioner of Police Patrick Ryder stated that federal, state, and local partners will be cross-training with Nassau County Police at the new training village. He thanked all of Nassau County's law enforcement officers and government officials from every level of government for their ongoing support.

"Over the past several years, we've been challenged like we've never been challenged before. And we turn to our government, and we hope that they support us," **Commissioner Ryder stated.** "We've got our Attorney General, we've got our County Executive, everybody in Nassau County stands with the men and women of law enforcement because – you know why? We stand with all of you."

In her ribbon-cutting address, U.S. Attorney General Pam Bondi promised that her office and the Trump administration will continue to do everything possible to protect police officers across the U.S. She applauded all the stakeholders who made the new Police Training Village a reality and said it will save the lives of police officers.

"There's no easy day in the life of a police officer. What [County Executive Blakeman and Commissioner Ryder] are doing is making it a lot easier, though. You will get the training you need. It will ensure that officers are prepared for all the dangerous encounters that they face," **she said.**



# Senior Center Happenings...

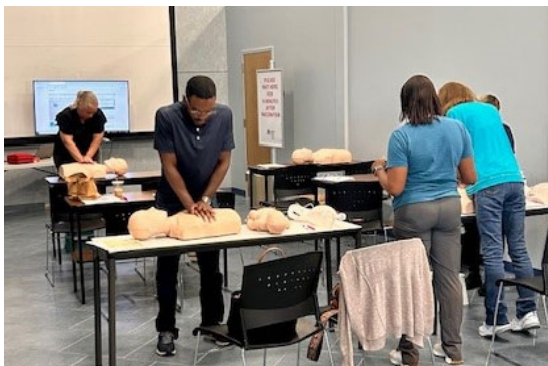
## Freeport Center Senior Picnic

The Freeport Senior Center at the Salvation Army gathered at Waterfront Park in Freeport. It was a cool and sunny day! Participants enjoyed lunch and played Cornhole, Giant Jenga, dominoes. Some even enjoyed the playground!



## AED-CPR Training From Mount Sinai South Nassau

On July 17th the Office for the Aging kicked off the first of five senior center staff AED-CPR trainings hosted by Mount Sinai South Nassau Hospital. Valentino Griffiths, Community & Staff Education Instructor, conducted the training for the staff of Freeport SCSC at Salvation Army, Oceanside Senior Center, and Hispanic Brotherhood.



## Wantagh Senior Center

Participants of the Wantagh Senior Center had a delicious lunch at Cinco de Mayo restaurant in Westbury.



Students from Kellenberg High School visited the Wantagh Senior Center where they hosted a circus themed event with carnival games, bingo and prizes. It was a great success!!



**Mahjong Mondays**  
**At the Bethpage Senior Center**

Nassau County Office for the Aging is hosting Mahjong Mondays at the Bethpage Senior Center from 2:30 p.m. to 4:00 p.m. Limited games are available for play but feel free to bring your own game and play with other Mahjong enthusiasts. For more information call (516) 227-8900.

Jill Vogel taught a class for beginners this past July. She provided an overview of the game and the basic rules. She had several wonderful friends join her to assist. Everyone was excited to learn to play!



**Visit to Massapequa Library**

Assemblyman Mike Durso in partnership with Nassau County Office for the Aging visited the Massapequa Public Library to present the programs and services available to older adults and provide Senior ID's to residents.



Scan here to visit our website



**Milestone Birthday Celebrations!**

Blanca celebrated her 101st Birthday with Department of Human Services Commissioner Jill Nevin and Deputy Commissioner Debbie Pugliese.



Marion celebrated her 90<sup>th</sup> Birthday in Farmingdale with family and friends!



Interested in a presentation from Nassau County Office for the Aging?

Call (516) 227-8900 to schedule

