



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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COMMISSIONER

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DEPUTY COMMISSIONER

July 2025

Senior Farmers Market Coupon Distribution

The Senior Farmers Market Nutrition Program (SFMNP) is designed to provide low-income seniors with access to locally grown fruits, vegetables, and herbs. Those who are eligible are provided coupons to redeem for fresh fruits and vegetables at participating farmers markets and farm stands. The program's purpose is to promote improved nutrition through increased consumption of locally grown fresh fruits and vegetables and expand sales at farmers' markets and farm stands.

every Wednesday through October 29th from 11:00 am to 2:00 pm. They accept cash, debit/credit, SNAP/EBT & Senior Farmers' Market Nutrition Coupons.

Other locations accepting Senior Farmers Market Nutrition Coupons can be found here <https://agriculture.ny.gov/farmersmarkets>. The list will be updated with new locations throughout the summer months.



Nassau County Office for the Aging is distributing the coupons at various locations throughout the County. Seniors who meet income

eligibility, can receive one coupon booklet per year worth \$25.

Quantities are limited and will be distributed on a first come, first served basis. To locate a coupon distribution site near you please call Nassau NY Connects at (516) 227-8900.

Nassau County Office for the Aging has once again partnered with Cornell Cooperative Extension of Nassau County to bring fresh local produce to residents. They will be at The East Meadow Farm Stand which will be open



The Farmers Market Nutrition Program and Weekly Farm Stand are sponsored by Nassau County Office for the Aging, NYS Department of Agriculture & Markets, NYS Department of Health, NYS Office for the Aging, Cornell Cooperative Extension of Nassau County and USDA Food and Nutrition Service.

Weekly Farm Stand

Wednesdays
June 26th to October 30th

East Meadow Farm Stand

11:00am - 2:00pm

832 Merrick Ave, East Meadow





Tips for Staying Hydrated



How do I stay hydrated?

Learn about hydration habits and its benefits

Water helps our bodies to regulate temperature, cushion vital organs, assist with digestion and makes up muscle and fatty tissues. With water losses from metabolism and other basic activities (e.g., urination, sweating, breathing), it's important to replenish these fluid losses by staying hydrated.

Water needs may also be heightened in the summer heat or if exercising. Additionally, for individuals exercising in the summer heat, it's important to eat and drink hydrating foods 24 hours prior to activity. In just 1 hour, the body can lose up to 1 quart of water depending on the activity and environment.

Dehydration can be dangerous if the body is unable to cool itself properly, potentially leading to muscle fatigue, loss of coordination and cramps.

- Eat hydrating or high water content foods! These include berries, melons, cucumber, lettuce, oranges, peaches, pineapples and bell peppers.
- Bring a bottle of water with you whenever leaving home.
- Drink enough fluids! It's suggested 11.5 cups for women and 15.5 cups for men.
- Drink 17-20 oz of water 2 hours before exercise.
- Drink 7-10 oz of fluid every 20 minutes of exercise.
- Make infused water at home! Follow the recipe equation of using 1 fruit, 1 vegetable and 1 herb (e.g., strawberry, cucumber, and mint infused water).

Honoring 60 Years of the Older Americans Act: A Lifeline for Aging with Dignity

2025 marks the 60th anniversary of the Older Americans Act (OAA), a landmark piece of legislation that has profoundly shaped the lives of older adults across the United States. Signed into law by President Lyndon B. Johnson in 1965, the OAA established the foundation for a national aging services network and affirmed the nation's commitment to ensuring older Americans can live independently, with dignity, and actively participate in their communities.



For six decades, the OAA has provided critical services to millions of older adults including meals, caregiver support, transportation, protection from abuse, job training, and access to health and wellness programs. These services are primarily delivered through local Area Agencies on Aging (AAAs) and tribal organizations, ensuring that supports are tailored to meet the unique needs of diverse communities.

The OAA emerged from the recognition that many older adults faced poverty, isolation, and inadequate access to services. Since its inception, the Act has been reauthorized multiple times, each renewal adapting to the evolving needs of an aging population. Today, the OAA remains the primary vehicle for organizing, coordinating, and funding community-based services for adults aged 60 and older.



Key achievements over the years include:

- Meals on Wheels and congregate dining programs that have delivered billions of meals nationwide.
- The Long-Term Care Ombudsman Program, which protects the rights of residents in nursing homes and assisted living facilities.
- Support for family caregivers, including respite care and counseling.
- Legal services and elder abuse prevention programs.
- Health promotion and disease prevention programs, encouraging active, healthy aging.



This milestone is also a time to recognize the vital contributions of the aging network, the dedicated staff, volunteers, caregivers, and advocates who bring the promise of the OAA to life every day.

**For program and services call Nassau County
Office for the Aging at (516) 227-8900.**



July Word Jumble



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

Barbecue
 Beach
 Fireworks
 Flag
 Flip Flops
 Fourth
 Freedom
 Holiday
 Heat
 Independence

Lemonade
 Parade
 Patriotic
 Picnic
 Stars
 Summer
 Sunscreen
 Swimming
 Travel
 Watermelon

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

Medicare Preventive Services Spotlight: Obesity Screening and Counseling

Obesity is a widespread and serious problem affecting people of all ages and leading to serious health issues. We are pleased to inform you that Medicare Part B covers some obesity prevention services including behavioral counseling and screenings.

Obesity Screenings include an initial screening for BMI, and behavioral therapy sessions that include a dietary assessment and counseling to help you lose weight by focusing on diet and exercise.



Eligibility: If you have a body mass index (BMI) of 30 or more, Medicare Part B Medical Insurance Covers obesity screenings and behavioral counseling.

Medicare covers this counseling if your primary care doctor or other primary care provider gives the counseling in a primary care setting (like a doctor's office), where they can coordinate your personalized prevention plan with your other care.

Cost for the service: In Original Medicare, you pay nothing for this service if your primary care provider accepts assignment. Your doctor or other health care provider may recommend you get services more often than Medicare covers. Or they may recommend services that Medicare doesn't cover. If this happens, you may have to pay some or all the costs.

Ask questions so you understand why your doctor is recommending certain services and if, or how much, Medicare will pay for the services.

You can learn more about *Medicare's Preventative Services* by visiting [Medicare.gov](https://www.Medicare.gov) or calling NY Connects at 516-227-8900 or HIICAP at 516-485-3754

Veterans Spotlight

Hewlett House Blankets for Vets



One of the projects the participants at Hewlett House enjoy is making blankets for our Veterans. Hewlett House is a cancer resource center. The participants get together and during their support group, they make beautiful blankets for the Veterans. It does their heart good to know that their blankets are going to the Veterans! The Hewlett House Clients want to thank the Veterans; seeing their smiling faces makes the clients feel wonderful and appreciated.

NYS Lifetime Liberty Pass for Veterans

The Lifetime Liberty Pass allows qualified New York State (NY State) Veterans or Gold Star Parents, Spouses, and Children discounted use of state parks, historic sites, and recreational facilities operated by the Office of Parks, Recreation and Historic Preservation (NY State Parks) and the Department of Environmental Conservation (DEC). Once issued, the Lifetime Liberty Pass will never expire.



The Lifetime Liberty Pass benefits include free vehicle entry to most state-operated parks and DEC-operated day-use areas, as well as numerous state-operated boat launch sites, historic sites, arboretums, and park preserves; free greens fees at state-operated golf courses; free swimming pool entrance at State Park pools; and discounted camping and cabin rentals at most State Park and DEC campgrounds. The pass holder must be present when utilizing the pass for its intended benefits.

For more information visit <https://parks.ny.gov/admission/lifetime-liberty-pass.aspx>

Bingo Caller Honored

In celebration of National Bingo Day on June 27th, Nassau County honored 98 year old Mimi who has been a Bingo Ball Caller at the Glen Cove Senior Center for 10 years.

National Bingo Day highlights Bingo as a fun, inclusive, and social activity that connects generations and encourages friendly competition. It is enjoyed by millions worldwide. For many, bingo is not just a game it's a cherished tradition.



Glen Cove Senior Center Director Christine Rice, honoree Mimi, Rosella from Nassau County Office for the Aging and Glen Cove Mayor Pam Panzenbeck



Benefits of Renter's Insurance

When it comes to renter's insurance, many people choose to opt out because no one wants an extra bill. However, purchasing renter's insurance isn't only essential for protecting personal belongings; it can provide temporary housing, cover medical costs, and more! Best of all, the best plans can be surprisingly low cost.



Having your own insurance is safer and more responsible than relying on your landlord's insurance. In case of unplanned perils like fires or burst pipes, your landlord's insurance won't be able to help you; because it only applies to the building structure

Renter's insurance will cover damage to your personal belongings in case of emergencies like windstorms, hail, or even vandalism and theft. You won't have to pay out of pocket, and it will be a lot cheaper than buying new items. If the emergency has caused your apartment or unit to be uninhabitable, the additional living expenses portion of your renter's insurance policy will cover the cost of hotel bills, meals and other services, like pet boarding or laundry services.

Renter's insurance plans are offered by many insurance companies. Although renter's insurance is not required by law, it is the most important thing you could do to protect yourself, your possessions, and your residence. It's always best to be prepared.

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

**Call (516) 227-8900 to
schedule**



Senior Center Happenings...

Pickleball at Oceanside Senior Center

Nassau County's Exercise Program is managed by EAC Network. Recently we hosted an Introductory Pickleball Class at the Oceanside Senior Center. Pickleball is a great low-impact activity that improves balance and cardiovascular health.



Wantagh Senior Center Senior Picnic

Participants of the Wantagh Senior Center had a great day at Wantagh Park. They had a fantastic lunch and played classic games such as egg races and cornhole.



Oyster Bay Senior Center's Father's Day Picnic



Participants of the Oyster Bay Senior Center at the Life Enrichment Center celebrated Father's Day at Theodore Roosevelt Park. They had lunch and a visit from ice-cream truck!

Senior Center Happenings...

Happy Retirement!

Deputy Commissioner Debbie Pugliese wished Carol, Director of the Herricks Senior Center for 16 years, well on her retirement.



Milestone Birthday Celebrations!

Happy 100th Birthday Vivian! She had a wonderful party in the yard with friends and family



Happy 100th Birthday Belle! She celebrated with friends and family at Excel Rehabilitation and Nursing in Woodbury

Happy 100th Norma!

Norma celebrated in Seaford with County Executive Bruce Blakeman, NYS Senator Steve Rhodes, Town of Hempstead Councilman Chris Schneider, Kayla Knight and Deputy Commissioner Debbie Pugliese.



Happy Birthday 75th Tim! He celebrated with a party at Kitty O'Hara in Baldwin. Pictured here with manager Lynn.



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website

