



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

September 2025

Senior Center Day at Cradle of Aviation

Over 100 Nassau County Senior Center participants enjoyed spending a great day at the Cradle of Aviation Museum, which boasts 75 air and spacecraft in eight galleries, They also had a guided tour of the Pan Am Museum Foundation Exhibit which features a collections of artifacts, documents and multimedia that tell the history of Pan American World Airways from 1927 until its closure in 1991.



Supporting Crime Victims at the DA's Office

Meet the newest and furriest member of District Attorney Anne Donnelly's crime-fighting team!

Somasa, a specially trained service dog, joined the DA's office to help support crime victims and witnesses as they bravely take the stand. "On my watch as DA, we're bringing comfort to victims while we bring criminals to justice." said DA Donnelly. Pictured here are District Attorney Anne Donnelly, ADA Amber Kempermann, Puppy Raiser Kelsey McGraw and of course Samosa.



Powered by Plants



Plant-based eating can be both healthy and fun!

Learn how to eat plant-based while also staying well-nourished and healthy.

As we get older, taking care of our health becomes more important. One of the best ways to do this is by following a plant-based or plant-focused diet. This means eating mostly fruits, vegetables, whole grains, beans, nuts, and seeds, while cutting back on or avoiding meat, poultry, fish, eggs, and dairy. Examples of plant-based diets include vegan, vegetarian, and Mediterranean styles.

A plant-based diet has many health benefits. It can improve heart health by lowering cholesterol and blood pressure. It helps with digestion and reduces constipation because of its high fiber content. It also lowers the risk of long-term illnesses such as diabetes, cancer, and memory decline.

Quick Nutrition Tips:

When following a plant-based diet, it's important to make sure you're still getting all the nutrients your body needs. Here are some key ones to focus on:

- Protein – Try to include a source of plant protein in every meal. Good options are beans, lentils, tofu, tempeh, edamame, quinoa, nuts, and seeds.
- Vitamin B12, Calcium, Vitamin D, Iron, and Zinc – These are often found in animal products, so it's important to get them from other sources. Look for plant foods that are fortified with these nutrients, or talk to your doctor about taking supplements to stay balanced.

Mount Sinai Vaxmobile at Noontime Senior Summer Concerts



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

Nassau County Office for the Aging presents

Vaxmobile



Nassau County Office for the Aging has teamed up with Mount Sinai South Nassau for Vaxmobile services at the Wednesday Noontime Concert Series. The concerts take place at Eisenhower Park, Field 1 (off Merrick Avenue) from noon to 2:00 pm. Upcoming dates for the Vaxmobile at the concert are September 3rd and September 17th from 11:30 am to 2:30 pm. Vaxmobile services include Blood Pressure, Plus Ox, Body Mass index (BMI) Memory Screening, Diabetes Risk Assessment, Stroke Risk Assessment and more.

Sepsis Awareness Month

Sepsis is a life-threatening emergency that can happen when the body's response to an infection damages vital organs and, often, causes death. In other words, it's your body's overactive and toxic response to an infection. Like strokes or heart attacks, sepsis is a medical emergency that requires rapid diagnosis and treatment.

Sepsis can lead to severe sepsis and septic shock.

Your immune system usually works to fight any germs (bacteria, viruses, fungi, or parasites) to prevent infection. If an infection does occur, your immune system will try to fight it, although you may need help with medication such as antibiotics, antivirals, antifungals, and antiparasitics. However, for reasons researchers don't understand, sometimes the immune system stops fighting the "invaders," and begins to turn on itself. This is the start of sepsis.

Some people are at higher risk of developing sepsis, including the very young (infants), the very old, those with chronic illnesses, and those with a weakened or impaired immune system.

SEPSIS >> SAY SEPSIS
SAVE LIVES
SEPTEMBER
SepsisAwarenessMonth.org

Social Security Payments Transition



Starting September 30th, the Social Security Administration will no longer issue paper checks. This affects a small group of beneficiaries who have not yet switched to electronic payments. People currently receiving checks have two options to receive payments electronically:

Direct Deposit: Beneficiaries should enroll in direct deposit so payments can be deposited into your checking or savings account.

Direct Express® Card: Those without a bank account, receive a prepaid debit card.

Payment information can be updated online. For information, visit www.ssa.gov/deposit/.

Mashadi Picnic

County Executive Bruce Blakeman, Town of North Hempstead Supervisor Jen DeSena, Nassau County Comptroller Elaine Philips, and Legislator Mazi Philip attended the Mashadi Picnic at North Hempstead Beach Park. From music and dancing, to sharing a meal it was a wonderful celebration!!





September Word Search



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

Apple
Autumn
Backpack
Baking
Book
Bravery
Colorful
Foliage
Football
Grandparents

Harvest
Heroes
Homework
Leaves
Patriot
Pencil
Remember
School
Squirrel
Teacher

To join Office for the Aging's email distribution list please email us at:

seniors@hhsnassaucountyny.us

Veterans Spotlight

Assemblyman Ed Ra's Veterans Picnic

Assemblyman Ed Ra welcomed veterans to his annual patriotic picnic, where attendees enjoyed food and community camaraderie. Joining Assemblyman Ra in recognizing the veterans were Post Commander John Conway, Nassau County Comptroller Elaine Phillips, Town of Hempstead Town Clerk Kate Murray, Town of Hempstead Supervisor John Ferretti, Town of Hempstead Receiver of Taxes Jeanine Driscoll, Town of North Hempstead Town Clerk Ragini Srivastava, members of Boy Scout Troop 93 and the Long Island Young Marines.



Assemblyman Michale Durso 4th Annual Veteran's Pancake Breakfast

State Assembly Member Michael Durso and the Massapequa American Legion Post 1066 hosted a free Veterans' Appreciation Pancake Breakfast and Resource Fair. Providing those who served with an opportunity to be appreciated and also gain a better understanding of services available.

Pictured below Greg Massimi, Town of Oyster Bay Supervisor Joe Saladino, Deputy Commissioner Debbie Pugliese, Assemblyman Michael Durso, Ralph Esposito Nassau County Veterans Service Agency Director, and Marcelle Leis Suffolk County Veterans Service Agency Director



Nassau County Clerk Visits Bethpage Veterans Luncheon

Nassau County Clerk Maureen O'Connell visited the Bethpage Veterans' Luncheon in August and spoke about how her office can assist Nassau County Veterans.

Each month Office for the Aging hosts two Veterans' Luncheons, one in Bethpage and one in Lynbrook; both on the second Friday of the month. For more information or to make a reservation, please call the Nassau County Office for the Aging at: (516) 227-8900.



Above: Deputy Commissioner Debbie Pugliese, Nassau County Clerk Maureen O'Connell were joined by Veterans Peter and Matthew.

Town of North Hempstead FunDay Monday Veteran's Celebration

Town of North Hempstead held its annual FunDay Monday Hometown USA, *A Salute to our Armed Forces* on August 18th. OFA Deputy Commissioner joined Town of North Hempstead Supervisor Jen DeSena to honor all veterans and all who currently serve in the United States Military.



Nassau County Executive Bruce Blakeman Joins State and County Officials to Cut Ceremonial Ribbon on Centennial Park Reopening

Nassau County Executive Bruce Blakeman was joined today by Senator Siela Bynoe, New York State Assemblyman Noah Burroughs, Nassau County Legislators Debra Mulé and Scott Davis, and other local officials for a ribbon-cutting ceremony to reopen Centennial Park in the hamlet of Roosevelt. The revitalized Park now has more amenities for residents and visitors to enjoy.



The reopening ceremony followed a substantial financial investment in the park that upgraded many of its existing amenities and added new ones for residents to enjoy. Included in the upgrades are colorful, state-of-the-art playgrounds; a vibrant splash pad; brand new basketball, tennis, handball and pickleball courts; a mini turf for soccer; outdoor fitness stations; family-friendly picnic areas; beautiful new landscaping; and critical safety and infrastructure improvements.

County Executive Bruce Blakeman thanked the leadership team behind the revitalization project for their hard work and noted that the park improvements were a reflection of his commitment to investing in Nassau County.

“Welcome to the brand new Centennial Park in Roosevelt!” County Executive Blakeman said in his greetings to residents. “Nassau County invested close to \$5 million in this park, and we’re just blessed that it is now open because this park is all about [the children], the future of America!”

With Bruce Blakeman leading Nassau County, residents can rest assured that their communities will be safe and continue to receive the support they need to flourish. His approach to public safety and economic development will ensure that Nassau County remains the safest county in the U.S. and the best place to live in all of New York.



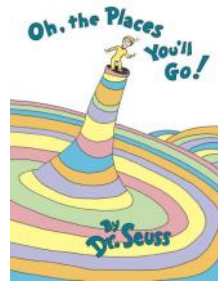
Don't Forget to Redeem your Farmers Market Coupons!

For a list of Farmers Markets or if you would like to receive Farmers Market Coupons call Office for the Aging at (516) 227-8900

Senior Center Happenings...

Oyster Bay Senior Center

Members of the Oyster Bay Senior Center at The Life Enrichment Center visited the Boys & Girls Club of Oyster Bay-East Norwich to drop off school supplies for the fall and read "Oh, the Places You'll Go"



Bethpage Senior Center

Bethpage Senior Center hosted a Luau! Great food and music along with a visit from Nassau County Comptroller Elaine Phillips and Deputy Commissioner Office for the Aging, Debbie Pugliese.



Wantagh Senior Center

Wantagh Senior Center hosted a Luau! With dancing games and delicious lunch to celebrate summer.



West Hempstead Senior Center

West Hempstead Senior Center hosted an Intro to Pickleball with Elvis. Participants learned the basics and rules of the game and were able to play a match.



Milestone Birthday Celebrations!

County Executive Bruce Blakeman, Nassau County Legislator Tom McKeivitt, County Comptroller Elaine Phillips and Deputy Commissioner Debbie Pugliese celebrated two **101st Birthdays** in August at the Old Bethpage Restoration Barn:



Ruth's 101st birthday



Sylvia's 101st birthday

Happy 101st birthday to Paul! Office for the Aging Nutritionist Rosella enjoyed visiting and presenting him with a citation to acknowledge his milestone birthday!



Deputy Commissioner Debbie Pugliese, Honorable Don Ryan and Councilwoman Dorothy Goodsby visit Dorothy at her home to celebrate her birthday!



Deputy Commissioner Debbie Pugliese, celebrates Eileen's 100th birthday with her family, at a party in Floral Park.

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

Call (516) 227-8900 to schedule



Scan here to visit our website

