



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

November 2025

Nassau County Celebrates Opening of New Senior Center in Roslyn

*The New Center At Trinity Episcopal Church Will Provide A Welcoming Space
For Seniors To Stay Active And Connected*

Nassau County Executive Bruce Blakeman has proudly announced the opening of a new Senior Center at Trinity Episcopal Church in Roslyn, funded by the Nassau County Office for the Aging and the New York State Office for the Aging, and operated by the EAC Network. The center will serve as a vibrant space for local seniors to connect, stay active, and remain engaged in the community.

“This new Senior Center reflects our ongoing commitment to making Nassau County the safest and best place to live for our seniors,” **said County Executive Blakeman**. “Through partnerships like this with the EAC Network, we’re ensuring that older adults have a welcoming place to gather, build friendships, and stay healthy and active.”

The Nassau County Office for the Aging, together with the EAC Network, provides supportive environments where seniors can make new friends, participate in fitness and educational programs, and enjoy social activities that promote physical and emotional well-being. The Roslyn location will continue that mission by helping older adults remain independent, connected, and valued members of the community. For more information about the Nassau County Office for the Aging’s programs, visit www.nassaucountyny.gov/Aging or call (516) 227-8900.





Sweet Reads



Sugar not only makes life sweet, but is also a part of a well-balanced diet!

Learn how much sugar should be eaten to maintain a well-balanced diet.

Sugar gives our bodies a quick burst of energy and helps make life a little sweeter! It's an important part of a balanced diet because our brains and muscles rely on sugar for fuel. However, the key is moderation. Too much added sugar—such as in candies and cookies—can sneak up on you and lead to health problems such as diabetes or heart disease. To prevent overeating added sugar eat less than 10% of your calories from added sugar.

Sugar is best when it comes from nature's sources like fruits and vegetables! These foods not only provide natural sugars, but also fiber, vitamins, and minerals that keep your body strong and your mind sharp. So, enjoy sweetness in its natural form, keep added sugars to a minimum by reading food labels, and savor the energy and joy that a well-balanced diet brings.

Quick Nutrition Tips:

Here are some fruits and vegetables that you could eat to keep life sweet.

- Bananas
- Oranges
- Cherries
- Grapes
- Watermelon
- Sweet Potato
- Acorn Squash
- Carrots
- Beets
- Sweet Corn

70's Party Fun



The Office for the Aging celebrated the 70's with two fabulous parties in Nassau County: Bethpage and Lynbrook and both were overwhelmingly successful! So many participants went all out and came dressed in their 70's best. The Office for the Aging team and Comptroller Elaine Phillips looked terrific!



We would like to thank *Lynbrook Restorative Therapy & Nursing*, *EMERGE Nursing and Rehabilitation at Glen Cove* and *Glen Cove Center for Nursing and Rehabilitation* for sponsoring the music.



Denise from *Lynbrook Restorative* at the Lynbrook 70's party



Mary from *EMERGE* with Deputy Commissioner Debbie Pugliese at the Bethpage 70's Party

Everyone had a groovy time!

Nassau County Executive Bruce Blakeman And Nassau County's Office For The Aging Announce Complimentary Transportation For Seniors To Cancer Screenings

The Free Rides Will Help Seniors Prioritize Their Health While Lessening Transportation Costs

Nassau County Executive Bruce Blakeman and the Nassau County Office for the Aging are proud to announce the launch of a new initiative designed to help older residents access vital health screenings. Through a partnership with GoGoGrandparent, the County will now provide complimentary transportation for eligible seniors who need to attend cancer screening appointments.

This initiative aims to promote the health and well-being of Nassau County seniors by ensuring they can prioritize their health without worrying about transportation costs. All rides offered under the program must be approved in advance by the Nassau County Office for the Aging, and only one free round-trip ride will be available per individual. "Our seniors deserve access to essential health services without the burden of transportation costs. As County Executive, I will continue to prioritize the health and well-being of our residents to keep Nassau County one of the healthiest and safest counties in America," County Executive Bruce Blakeman stated.

Seniors who need assistance during or after their appointment are encouraged to bring someone to accompany them. The program is funded through the New York State Office for the Aging and will be available as long as funding permits.

Nassau County Executive Bruce Blakeman is dedicated to supporting our aging population and ensuring they have the resources they need to maintain their health and well-being. This latest initiative is a prime example of why our County is one of the healthiest and safest in the nation, as well as the best place to live in all of New York!

To request a ride or to determine eligibility, seniors are encouraged to contact the Nassau County Office for the Aging at (516) 227-8900 or via email at seniors@hhsnassaucountyny.us.



November Word Search



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

Thanksgiving

Autumn
 Harvest
 Turkey
 Pilgrim
 Gratitude
 Pumpkin
 Cornucopia
 Feast
 Leaves

Veteran

Scarecrow
 Cider
 Football
 Acorn
 Chilly
 Gravy
 Family
 Cranberry
 November

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

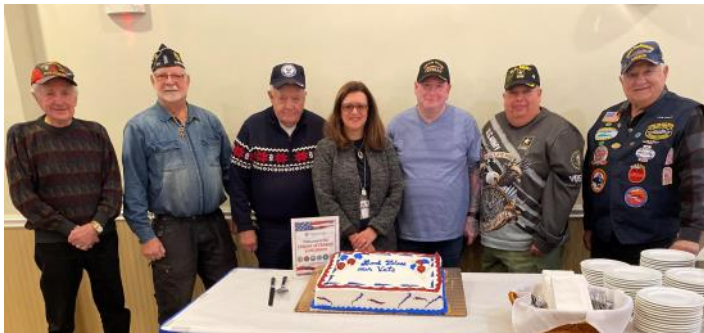
Veterans Spotlight

Legal Services of Long Island Veterans Rights Project presented at the October Veterans Luncheon at Bethpage Senior Center. They provide legal assistance to low-income United States military veterans.

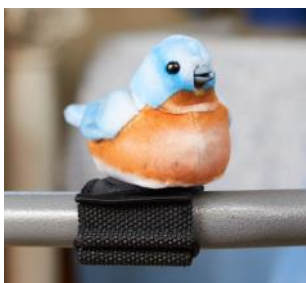
Legal services include assistance with various issues including veteran's benefits and appeals, discharge upgrades, public benefits, Land Lord tenant matters, consumer debt issues, select social security appeals, and family law matters. The family law matter assistance provided focuses on child support and excludes divorces, custody, and visitation.

The Veterans Rights Project staff participate in community outreach events. VA Stand Downs and Job Assistance Fairs and at Veterans legal advice clinics.

For more information call Legal Services of Long Island at (516) 292-8100.



Walker Squawkers are the perfect walker accessory!



These cheerful animatronic birds joyfully sing to older adults and their family, friends, and caregivers. When perched on a walker, they sense when it has stopped moving and sing a playful

“don't forget me” song—reminding older adults to use their walking device! Call the Nassau County Office for the Aging at 516-227-8900 to request yours today (supplies are limited).

Medicare Preventive Services Spotlight: Diabetes Screenings and Diabetes Management Training

November is National Diabetes Awareness Month and is a good time to take your health into your own hands and get



screened for diabetes. Diabetes can put you at higher risk of blood clots, high blood pressure, and high cholesterol so getting screened is very beneficial to your health!

Medicare covers blood glucose (blood sugar) laboratory test screenings if your doctor determines you're at risk for developing diabetes. You may be eligible for up to two screenings each year.

Medicare covers these screenings if you have any of the following risk factors:

- High blood pressure (hypertension)
- History of abnormal cholesterol and triglyceride levels (dyslipidemia)
- Obesity
- History of high blood sugar
- Overweight
- Family history of diabetes

If you've been diagnosed with diabetes, Medicare may cover training individual and group training. You may also qualify for up to 2 hours of follow-up training in each year.

Diabetes training teaches you to cope with and manage your diabetes. The program may include tips for eating healthy and being active, monitoring blood glucose (blood sugar), taking prescription drugs, and reducing risks. Some patients may also be eligible for medical nutrition therapy training.

For more information and any questions about your Medicare reach out to Nassau County's HIICAP program at (516) 485-3754.

Adelphi University Adult Fitness Program



Debbie Pugliese, Deputy Commissioner Office for the Aging visited Adelphi University to chat with the students who lead fitness classes for older adults. She provided an overview of Office for the Aging services to the participants.

Molloy Students Visit Senior Centers



Molloy University students visit Nassau County Senior Centers as part of their clinical rotation. They meet with their professor, take blood pressure and interact with the participants facilitating games, crafts etc.

Office for the Aging Public Hearing

Nassau County Office for the Aging is hosting the Annual Public Hearing on Friday, November 21st at 10:00 am at the Theodore Roosevelt Executive and Legislative Building, 1550 Franklin Avenue, Mineola. Those who wish to speak should call to RSVP and provide written testimony to the office no later than November 19th. Any accommodations may be requested by calling (516) 227-8900 or emailing seniors@hnnassaucountyny.us.

Halloween Party



The St. Pius Senior Group hosted a Halloween Party at the Bethpage Senior Center. They had a costume contest, coloring contest and enjoyed treats and snacks to celebrate!



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.

Senior Centers Happenings...

Oceanside Senior Center

The Oceanside Senior Center hosted a Cardio Drumming class on October 21st. Participants, equipped with a stability ball and drumsticks drummed and moved to the beat of their favorite tunes.



Cardio drumming is a rhythmic workout that combines drumming with cardiovascular exercise. The routine typically incorporates movements such as drumming on a stability ball, drumming overhead, and to each side.

For older adults, cardio drumming offers a wide-range of physical and cognitive benefits. From improving cardiovascular health and coordination to enhancing cognitive function and fostering social connections, it's no surprise that cardio drumming is gaining in popularity in the senior community.

Freeport Senior Center

Participants of the Freeport Senior Center at the Salvation Army went on a Discover Live tour of Ennistymon, Co Clare, Ireland. They virtually strolled through town passing shops and pubs, visited the Cullenagh River, the historic Falls Hotel and more. Discover Live lets you travel anywhere with live virtual tours that tell stories and show off landscapes of places around the world through the eyes of a local guide.



Wantagh Senior Center



The Wantagh Senior Center hosted an Autumn Floral Workshop with Cornell Cooperative on October 20th with Master Gardener and Horticulture Educator Susan Dittman. They celebrated autumn with a harvest-themed activity and a take-home garden craft.



The Wantagh Senior Center hosted "The Marriage Game" based on the 70's TV show The Newlywed Game. Everyone who participated and the audience had a great time and a lot of laughs!

Congratulations to the winners Pete and Diane who will be married for 60 years!



Scan here to
visit our
website



Milestone Birthday Celebrations!

Happy 102nd Birthday!



Victor celebrated his 102nd birthday in October. Debbie Pugliese, Deputy Commissioner Office for the Aging presented him with a citation.

Happy 101 Birthday Jainqui!



Jainqui celebrated her 101st birthday with her daughter. Debbie Pugliese, Deputy Commissioner Office for the Aging presented Jainqui with a citation.

Happy 90th Birthday Iris!



Office for the Aging representative Melissa presented Iris a citation to commemorate her 90th birthday during a celebration at the Freeport Senior Center at The Salvation Army.

Happy 100th Birthday Margaret!

Margaret celebrated her 100th birthday at The Lutheran Church of Epiphany with Deputy County Executive Anissa Moore, Charlene Jackson and her family.



Happy 90th Birthday Joseph!



Deputy Commissioner Debbie Pugliese and the Office for the Aging Nutritionist stopped by to see Joseph and celebrate his 90th birthday and chat about the Nutrition Program.

