



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

### October 2025

#### County Executive Bruce Blakeman Celebrates Hewlett House's 25th Anniversary

Nassau County Executive Bruce Blakeman joined Hewlett House Executive Director Geri Barish, Town of Hempstead Supervisor John Ferretti, and many other local officials to celebrate the 25th anniversary of Hewlett House and observe the start of Breast Cancer Awareness Month.

County Executive Blakeman commended Barish and Hewlett House for their long-standing track record of success and encouraged anyone affected by breast cancer to reach out to them for assistance.

"We want people with breast cancer to know that, with all the treatments they have now, it's amazing what they're able to do. There are so many wonderful treatments, and these are people here who can share their experience with you and help guide you through the process of healing and getting better," **Blakeman stated**. "I want to thank all the volunteers who are here. We couldn't run this place without you, so God Bless you for all you do."

We are so proud that Hewlett House sits right in the Town of Hempstead," added Town of Hempstead Supervisor John Ferretti.



Gail and Marilyn were present at the inception of Hewlett House!

During its 25 years of operation, Hewlett House has treated over 42,000 people with breast cancer. The organization supports cancer patients at every stage of treatment and provides educational materials, 24/7 peer support, and a network of cancer survivors and healthcare professionals.

Barish thanked County Executive Blakeman for spearheading the effort that allowed Hewlett House to first open 25 years ago, when he was a member of the Nassau County Legislature.

"If it wasn't for Bruce Blakeman, we wouldn't be standing here. We wouldn't have saved all those lives. I will forever be indebted and grateful to him for his fight to get this open, for the struggle to continue on, and for his backing and support," **Barish said**. "Something special happens in this house. It's about caring, love, and helping one another. We have seen miracles here. We really have, and it would take me forever to tell you. I just want to say thank you again. I'm so happy we're doing this today; it means a lot to all the volunteers and all the survivors who are here today that we started out so long ago. Where there's a will, it happens."



Health Commissioner Dr. Irma Gelman, County Clerk Maureen O'Connell, Legislator Howard Kopel, Hewlett House Executive Director Geri Barish, County Executive Bruce Blakeman, Town of Hempstead Deputy Supervisor Dorothy Goosby and Town of Hempstead Supervisor John Ferretti



# Nutrients of Concern



**A well-balanced diet helps ensure your body is well-nourished!**

*Learn what nutrients of concern are and how to get enough of them!*

As we get older, our bodies naturally change. We may notice that our appetite shrinks, our ability to absorb nutrients slows down, and our metabolism isn't quite as speedy as it once was. All of this is perfectly normal — but it also means we need to pay extra attention to how we're fueling ourselves so we don't miss out on the nutrients that keep us feeling our best.

Certain nutrients become especially important as we age. These "nutrients of concern" include protein (for muscle strength), fiber (for digestion), vitamin B12, vitamin D, calcium (for bone health), magnesium, potassium, Omega-3s (for brain and heart health), and yes — even water!

If we don't get enough of these, it can lead to things like weaker bones and muscle loss. The simple fix? A well-balanced diet filled with a variety of foods that keep your body strong, your mind sharp, and your energy steady.

## Quick Nutrition Tips:

Here are some tasty and powerful foods that can help you stay on top of those key nutrients we just talked about:

- Dairy (Milk, Yogurt, Cheese)
- Beans
- Leafy Greens
- Sardines
- Salmon
- Tuna
- Eggs
- Berries
- Whole Grains
- Nuts and Seeds
- Tofu
- Meat
- Poultry

## Medicare Open Enrollment Is Here



Medicare Open Enrollment, which allows existing Medicare users to change their coverage, runs from **October 15 to December 7, 2025**. The changes you select will take effect on January 1, 2026

During this period, you should review your plan to ensure it still meets your health needs and budget for 2026.

### Take the following actions during this time:

- Switch between Original Medicare to a Medicare Advantage plan.
- Change from one Medicare Advantage plan to another.
- Join a Medicare Prescription Drug Plan (Part D). Change from one Part D plan to another or drop your coverage completely.

### Changes for 2026

- **\$2,000 out-of-pocket cap:** For the first time, your annual out-of-pocket costs for covered prescription drugs will be capped at \$2,000.
- **Monthly payment plan:** You will have the option to spread out your prescription drug costs with a monthly payment plan.
- **\$35 insulin cap:** The cap on monthly costs for insulin remains at \$35.
- **\$0 vaccines:** Recommended adult vaccines, such as the shingles vaccine, will continue to be available at no cost.
- **Extra Help expansion:** More low-income individuals will be eligible for the full Part D Low-Income Subsidy (Extra Help).
- **Increased access to behavioral health:** Network adequacy standards for outpatient behavioral health providers will be required for Medicare Advantage plans.

### Important Dates and Resources

**October 15:** Medicare Open Enrollment begins

**December 7:** Last day of Open Enrollment

**January 1, 2026:** New coverage takes effect

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

## From the Desk of Nassau County Clerk Maureen O'Connell



### Property Fraud Alert

Property Fraud Alert is an electronic notification service that alerts a registered user via email every time a land records document is recorded in the Nassau County Clerk's Office with a requested alert name and property description. This Property Fraud Alert Service is offered as a *Free* service from the Nassau County Clerk Maureen O'Connell.

#### To register for the *FREE* service:

- Go to [nassaucountyny.gov](http://nassaucountyny.gov)
- Click Government, at top of page
- Click County Clerk
- Click Property Fraud Alert Sign Up, on the left side navigation bar

### Nassau County Land Records

To look up a section, block and lot go to Land Records Viewer at [LRV.nassaucountyny.gov](http://LRV.nassaucountyny.gov). Enter your address to find section, block and lot number. [www.uslandrecords.com](http://www.uslandrecords.com)

For more on these programs contact the County Clerk's Office at (516) 571-2660.

### 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 or emailing the office. Office for the Aging can be reached at (516) 227-8900 or via email at [seniors@hnnassaucountyny.us](mailto:seniors@hnnassaucountyny.us).



# October Word Search



C C Y N T G Z W R T V L M P P J T  
 A O D V I R T Q M T Z J J T K N N  
 N R T S D K E C T J D R Z Z E L D  
 D N B V E M P L I R R R K E D H R  
 Y B T B U L T M V D K R W X A Y M  
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 P R S L K H L P V P L R R O Y T V  
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|---------|-----------|
| Acorn   | Halloween |
| Apples  | Harvest   |
| Bats    | Hayride   |
| Candy   | Leaves    |
| Chilly  | October   |
| Cider   | Pumpkin   |
| Corn    | Scarecrow |
| Costume | Spooky    |
| Ghosts  | Sweater   |

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

## Sock Hop Event

The Office for the Aging hosted their first Sock Hop at two locations in Nassau County; Bethpage and Lynbrook and both were overwhelmingly successful! So many participants went all out and came dressed in their 50s/60s best. The Office for the Aging team looked terrific too! We even had a 65 Mustang convertible on-site for photo ops!! We're all looking forward our 70's Party in October.



The Office for the Aging team with NYS Aging Services Representative Elisa Shohl



## Office for the Aging's AED Program



Bethel's Reverend Stephen Lewis, Margaret, and Caroline, along with Marilyn from the Office for the Aging met to review procedures for their new Automated External Defibrillator (AED).

An AED is a valuable device because it significantly increases the survival rate for individuals experiencing sudden cardiac arrest. The Nassau County Office for the Aging has purchased AED units for all of our Senior Centers. All Directors will be trained on their use and although we hope to never need them, we are fortunate to have the ability to provide them. Marilyn has been instrumental in bringing this program to fruition together with Dr. David Neubert of Mount Sinai South Nassau and Jeremy Leis of the American Heart Association. For each minute defibrillation is delayed, the chance of survival decreases by 7% to 10%. Since AEDs are designed for easy use by untrained bystanders, they can be deployed quickly in public places, providing a life-saving electric shock to reestablish a normal heart rhythm before emergency services arrive.

## 1st Annual Walk to End Alzheimer's



The White Oaks Rehabilitation & Nursing Center held their 1<sup>st</sup> Annual Walk to End Alzheimer's. It was a wonderful day for the community and the Nassau County Office for the Aging was proud to present a citation from County Executive Bruce A. Blakeman to commemorate this event.



## Pizza and Puzzle Event

Nassau County Office for the Aging hosted a Pizza and Puzzle event at the Bethpage Senior Center. Participants worked on puzzles and played games. Pizza and ice cream were serviced and fun was had by all!



## Breast Cancer Awareness

Bethpage Senior Center was pleased to host Dr. Marlene Mancuso, MD Chief of Breast Surgery at St. Joseph Hospital for an educational and information presentation to kick off Breast Cancer Awareness Month.



## Veterans Spotlight

Nassau County Veterans Service Agency hosted it's Annual Veterans Picnic and Resource Fair at Eisenhower Park on Thursday, September 18th.



THANK YOU  
VETERANS



# Senior Center Happenings...

## Freeport Senior Center At Salvation Army



Nassau County Comptroller Elaine Phillips visited the Freeport Senior Center at the Salvation Army. Not only did she discuss her responsibilities as Comptroller along with giving some helpful hints on scam prevention, but she is also a sixth degree black belt and she lead an interactive self-defense workshop. Center participants learned valuable skills and techniques to help enhance their personal safety, developed greater self-awareness, and boosted their confidence.

## West Hempstead Senior Center



There are new scams being developed everyday so it is so important to be vigilant, aware of your surroundings and to protect your personal information. Something as simple as answering the phone, that we've

done for so many years is just no longer advised. Anyone that needs to reach you will leave a message and you can return their call. The West Hempstead Senior Center had a representative from the office of Nassau County District Attorney Anne Donnelly to discuss the many ways of keeping yourself and your personal information safe.

## Great Neck Senior Center



**Diwali**  
(also called Divali or Deepavali) is a festival of lights that celebrates the triumph of light over darkness, knowledge over ignorance, and the blessings of victory, freedom, and enlightenment. The name comes from Sanskrit Deepavali, meaning "row of lights."

On September 9<sup>th</sup>, The HANGOUT One Happy Place from Baldwin performed at the Freeport Salvation Army. They danced and interacted with participants. Thank you to Angela Lucas for her tireless dedication in leading these young adults of all abilities; she is truly a breath of fresh air in the community.  
[www.hangoutonehappyplace.com](http://www.hangoutonehappyplace.com)

## Herricks Senior Center



Diabetes is a chronic disease that affects how the body uses glucose (sugar) for energy. When glucose levels are too high, it can damage organs and lead to complications. On October 7<sup>th</sup>, Community Health Educator, Maura A.

Calio, MA, RN from Catholic Health presented *Prediabetes and Diabetes: Living Your Best Life* where participants of Herricks Senior Center learned tips to prevent and control diabetes and learned about resources available from Catholic Health to help with diabetes.

## Point Lookout Senior Center



Point Lookout Senior Center participants were thrilled to receive a new bench. Now they have a comfortable spot to gather and enjoy a lovely day!

## Milestone Birthday Celebrations!

### Happy 101st Birthday Lillian!



Lillian celebrated her 101st birthday with Department of Human Services Commissioner Jill Nevin, Nassau County Comptroller Elaine Phillips, County Executive Bruce Blakeman and Deputy Commissioner, Office for the Aging Debbie Pugliese

### Happy 100th birthday Joseph!



Joseph celebrated his 100th birthday with family and friends at a wonderful party at the Wheatly Hills Golf Club

### Happy 90th Birthday Clementine!

Clementine celebrated her 90th birthday at the Town of Oyster Bay Annual Senior Picnic with friends.



### Happy 100th Birthday Anita!



NYS Senator Jack Martins honored Anita at her 100th birthday celebration at Spuntino in Williston Park with her family and friends.

### Congratulations Tori!



Tori Cohen honored for 10 years of service to Lond Island Alzheimer's and Dementia Center at their 31<sup>st</sup> Annual Golf Outing.

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

Call (516) 227-8900 to schedule



Scan here to visit our website

