

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

# December 2025

**DEBBIE PUGLIESE**  
DEPUTY COMMISSIONER

### Senior Citizen's Tax Exemption Overview and Deadlines

Homeowners 65 and over whose 2024 income, including gross social security earnings, is \$58,399 or less can qualify for an exemption. Depending on your income, the exemption provides reductions between 5% and 50% on county, town and school taxes, but no reduction in special district taxes. The 50% exemption applies to seniors whose income, including social security benefits, is \$50,000 or less. The percentage of the exemption that will be offered to homeowners with an income over \$50,000 is illustrated in the following chart:

Exemption Schedule	
<u>INCOME LEVEL</u>	<u>Reduction %</u>
\$50,000 - or Less	50%
\$50,001 - \$50,999	45%
\$51,000 - \$51,999	40%
\$52,000 - \$52,999	35%
\$53,000 - \$53,899	30%
\$53,900 - \$54,799	25%
\$54,800 - \$55,699	20%
\$55,700 - \$56,599	15%
\$56,600 - \$57,499	10%
\$57,500 - \$58,399	5%

Income, under the law, is money received from all sources, both taxable and non-taxable. Income includes social security, but does not include welfare payments, supplemental security income, gifts, or inheritances. Depending on criteria established by your town and school district, unreimbursed medical and prescription drug expenses and Veterans' Disability Compensation may be deducted from the total income. Income will be determined for the calendar year preceding the date of the application.

### Who is Eligible?

- An applicant must be 65 or older. If you co-own the property with a spouse or sibling, only one person is required to be 65 or older.
- The applicant must have owned the property for at least 12 consecutive months prior to applying.
- All owners must occupy and use the property as their primary residence.
- The household income of all owners must not exceed the maximum limit set by the local government or school district.



### In order to file for the Senior Citizen's Exemption, the following is required:

- **Proof of income** (Federal or NYS Income Tax Returns.)
- **Proof of Age** (Birth Certificate, Drivers License, Passport, Military ID, Naturalization Papers or Baptismal Certificate.)
- **Proof of Residence** (Documents must show the current address such as Car Registration or Income Tax Return.)

**For more information please contact the Department of Assessment at (516)571-1500 Or visit**

**<https://www.nassaucountyny.gov/1501/Assessment>**

**Exemption Applications for the 2026-2027 Property Tax Year must be received by JANUARY 2, 2026**



# Holiday Cheer Starts With Health!



## Moderation is key to for staying healthy this holiday season!

*Maintaining a balanced diet during the holidays helps you enjoy the season more.*

Staying healthy during the holidays can actually make the season even more fun! By keeping an eye on sugar, salt, and saturated fat, you'll feel energized instead of weighed down—plus you'll avoid short-term issues like blood pressure spikes, blood sugar swings, or flare-ups of conditions like congestive heart failure or diabetes. And in the long run, making mindful choices helps protect you from chronic problems like cardiovascular disease, diabetes, and obesity. Staying hydrated by drinking plenty of water and enjoying alcohol in moderation keeps you feeling bright, clear, and ready for every celebration. When you take care of yourself, you'll have more cheer, more sparkle, and more stamina to enjoy all the parties, traditions, and joyful chaos the holidays bring!

**Have a Happy Holiday Season and a Happy New Year!**

### Quick Nutrition Tips:

Here are some great ways to stay healthy through the holidays:

- Eat sugar, salt, and fatty food in moderation.
- Avoid drinking too much alcohol to prevent dehydration.
- Go for a walk after every meal to prevent blood sugar spikes.
- Make sure to have fiber rich foods with every meal to keep you regular.
- Celebrate the holiday rather than the food!

## New York State Senior Softball Association

The New York State Softball Association hosted its annual end of season awards luncheon on October 30th at the Stewart Manor Country Club. It is a league for competitive softball play-ers with a minimum age of 68. Members of vary-ing ages and abilities take the field Monday and Wednesday mornings from May through September at Wantagh and Cantiague Parks. The league makes accommodations for players with features such as courtesy runners after reaching base, separate scoring and strike plates, extra defensive players in the outfield and infield. Rules are designed to enhance the safety and allow athletes to compete even if they're limited by injury or other health issues. If you're interested in joining the league next season, application and waiver forms are due at the end of January and can be found here:

<http://www.newyorkseniorsoftball.com/2021-player-application-waiver-release.shtml>



Dodgers, the National League Champions



Yankees, the American League Champions

## Intergenerational Thanksgiving Celebration

The students of St. Brigid/Our Lady of Hope Catholic School in Westbury hosted older adults from the local community for a Thanksgiving feast. The students decorated, and served a delicious Thanksgiving meal and enjoyed each others company!



## Hispanic Brotherhood Hempstead and Kellenberg High School

The students from Kellenberg High School made festive seasonal placemats for the participants of the Hispanic Brotherhood Senior Center in Hempstead for their Thanksgiving celebration.





# December Word Search



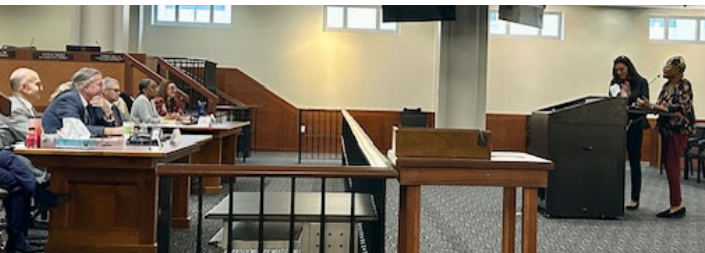
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|-------------|------------|
| Presents    | Traditions |
| Lights      | Dreidel    |
| Gingerbread | Solstice   |
| Holly       | Celebrate  |
| Ornaments   | Festive    |
| Winter      | Hot Cocoa  |
| Snowflake   | Wreath     |
| Jingle      | Frost      |
| Cookies     | December   |
| Holiday     | Candles    |

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

## Annual Public Hearing

Nassau County Office for the Aging hosted the 2025 Public Hearing on Friday, November 21st at the Theodore Roosevelt Executive and Legislative Building in Mineola. Deputy County Executive Anissa Moore, New York State Office for the Aging Chief of Staff John Cochran, Office for the Aging Deputy Commissioner Debbie Pugliese, Department of Human Services Fiscal Director Seema Zaki and the Office for the Aging Advisory Council were present to hear testimony from local community organizations, partner agencies, participants of Nassau County Senior Centers and their families. Senior Center participants spoke about how Office for the Aging's programs and services have changed their lives and what services and programs they would like to see at their centers in the upcoming year. Nassau County looks forward to another successful year in providing programs and services for the older adults in our communities.



## Medicare Preventive Services Spotlight: Cervical Cancer Screening

Cervical cancer is a disease that effects many women each year and getting screened for this disease is an important way to stay healthy! Cervical cancer develops slowly over time, because of this, it's important to get screened regularly to help support your health.

Cervical cancer screenings includes Pap tests and pelvic exams to check for cervical and vaginal cancers. As part of the pelvic exam, Medicare also covers a clinical breast exam for breast cancer.

Medicare covers these screenings once every 24 months in most cases. If you're at high risk for cervical cancer, Medicare covers these screening test once every 12 months.

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 them.

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

**If you need transportation to cancer screenings call NY Connects at (516) 227-8900**

## Native American Fall Festival

Nassau County Office for the Aging attended this year's Fall Festival at Garvies Point Museum and Preserve in Glen Cove. Guests enjoyed pottery making, storytelling, campfire cooking, and more. Marilyn Dore-Pignataro and Melissa Whidden were delighted to share information with guests.



## County Senior Centers to Receive LifeVac

According to federal health statistics, each year, choking claims the lives of more than 4,100 Americans who are 65 or older. Older adults are the most vulnerable age group, accounting for about three-quarters of U.S. choking deaths. The Nassau County Office for the Aging is dedicated to keeping our older adults safe. We are proud to share that every Nassau County Senior Center will receive a LifeVac to use in the event of a choking emergency. LifeVac is a medical device designed to help clear airway blockages during choking emergencies. It is portable, easy to use, and anyone can operate it. LifeVac is quickly approaching 5,000 lives saved!



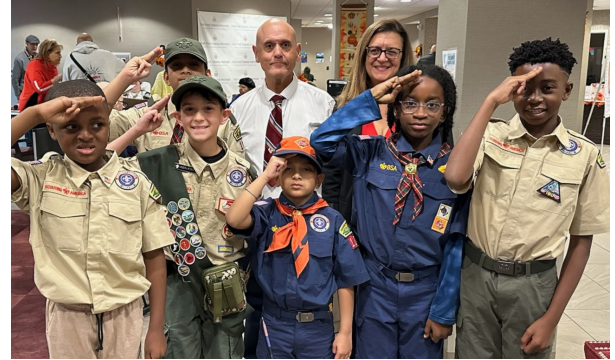
## Home Delivered Meals

Office for the Aging Nutritionist Rosella and Riviera Home Delivered Meals driver Nick took Gwendolyn, Aging Services Nutrition Consultant with New York State Office for the Aging on a Home Delivered Meals route to visit our clients in Nassau County. For more information on the Home Delivered Meals Program call NY Connects at (516) 227-8900.



## Veterans' Spotlight

Premier Rehabilitation and Nursing Center organized a Veterans program with Boy Scouts from Pack 106 of Valley Stream. Citations from the County Executive were presented to all of the Veterans.



## Monthly Veterans' Lunch

Did you know that the Office for Aging hosts a monthly luncheon to honor our senior Veterans? Join us in Lynbrook or Bethpage on the second Friday of each month. Doors open at 11:30am. To RSVP:

- Lynbrook St. Mary's Knights of Columbus call 516-2272900
- Bethpage Senior Center call 516-571-9910



Veterans' enjoying the monthly Veterans' Luncheon at the St. Mary's Knights of Columbus in Lynbrook

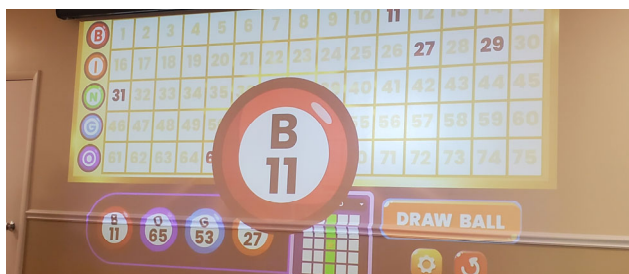
## Senior Center Happenings...

### Westbury Senior Center



The Westbury Senior Center was so excited to use their new BINGO board! The new BINGO board displays BINGO games, horse racing, trivia as well as an option to display program calendars and

other important Center information. Everyone who attended BINGO night was so excited to see the numbers appear on the screen and hear them as well. They are looking forward to their next BINGO Fundraiser on Friday, January 16<sup>th</sup> from 6:30 P.M. to 9:00 P.M. Mark your calendar and come join the fun! **For more information call the Westbury Senior Center at 516-334-5886.**



### North Merrick Senior Center

Pharmacists from Catholic Health presented *Medication Management: Prescription Review* at the North Merrick Senior Center. Joanna Batsilas and Maggie Sadowska (L to R) discussed common medication challenges for seniors, various side effects, and interactions with other medications. The presentation was followed by many thoughtful questions and comments by the participants. This presentation was repeated at Oceanside Senior Center the next day and then West Hempstead Senior center on November 17<sup>th</sup>.



### Oceanside Senior Center

Nassau County Comptroller, Elaine Phillips showcased self defense techniques that seniors could use to enhance their personal safety, develop greater self-awareness, and boost confidence.



Students from Wheatley High School in Westbury visited the Oceanside Senior Center for their Day of Service. They crafted, played games, and chatted with participants.



### Herricks Senior Center

Participants of the Herricks Senior Center enjoyed their weekly Arthritis Exercise class with Barrie. This class is held Monday afternoons at 12:45 P.M. Call 516-305-8976 for more information .



## Milestone Birthday Celebrations!

### Happy 105th Birthday Anthony!



Nassau County Legislator Scott Strauss organized a drive by birthday celebration for Anthony. County Executive Bruce Blakeman presented a citation to U.S. Army Veteran, Anthony and thanked him for his service. Also pictured is Town of North Hempstead Supervisor, Jennifer DeSena, and Nassau County Comptroller Elaine Phillips and Town of North Hempstead Councilman Ed Scott

### Happy 102nd Birthday Paulin!



Rosella from Office for the Aging along with Jamora, a Case Manager from Family & Children's Association presented Pauline from Port Washington with a citation. Her secrets to longevity are no smoking, no drinking, eat lots of fruits and vegetables, and eating chocolate!

### Happy 100th Birthday Ray!



Deputy Commissioner Debbie Pugliese and Nassau County Legislator Michael Giangergorio celebrated Ray's 100th birthday in Bellmore.

### Happy 80th Birthday!



Happy 80th Birthday, Mary!  
She celebrated her birthday at the Freeport Salvation Army Senior Center birthday celebration.

### Happy 100th Birthday Jennie!



Deputy Commissioner Debbie Pugliese stopped by to wish Jennie a Happy 100th Birthday and present her with a citation.

### Happy 100th Birthday Francis!



Happy 100th Birthday, Francis!  
He celebrated his birthday at the New Hyde Park Inn.



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