

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

### March 2026

#### Medicare savings program Information

If you live in Nassau County, you may be able to get assistance with your health care costs through a **Medicare Savings Program (MSP)**. MSPs, also known as Medicare Buy-In programs or Medicare Premium Payment Programs, help pay your Medicare costs if you have limited income. Eligibility for the program is available to individuals with Medicare who have an income up to \$2,446 per month and couples with monthly incomes up to \$3,299. There are no asset limits for the MSP in New York.

The MSP helps older adults and people with disabilities living on low incomes by paying their Medicare Part B premiums (\$202.90/month for most). This financial assistance can be a lifeline, allowing enrollees to maintain their Medicare coverage, access needed care, and afford other necessities, like food and rent. Enrolling in an MSP can help save on Medicare costs.

#### 2026 MSP Programs and Qualifications:

Qualifying Individual (QI) ·

- Pays for your Part B premium ·
- May receive up to three months retroactive reimbursement for Part B premiums (Note: only for premiums paid up to three months before your MSP effective date, and within the same year of that effective date) ·
- You cannot have both QI and Medicaid ·
- Income Limits:
  - Individuals \$2,446
  - Couples \$3,299

#### Qualified Medicare Beneficiary (QMB)

- Pays for Medicare premiums
- Providers are prohibited from charging for Medicare cost-sharing (deductibles, coinsurance, and copayments). This means you should not be billed for any Medicare-covered services received from Original Medicare providers or providers in your Medicare Advantage Plan's network.
- You can have both QMB and Medicaid
- Income Limits:
  - Individuals \$1,820
  - Couples \$2,453

#### Applying for a Medicare Savings Program:

If you are a Nassau County resident interested in learning more or need assistance applying for a Medicare Savings Program, call the Nassau County Health Insurance Information Counseling and Assistance (HIICAP) Program at: 516-485-3754.





# Healthy Body Healthy Mind



**Remember that the gut and the brain have a direct connection.**

*Learn how eating a well-balanced diet can lead to a healthier mind.*

Keeping your mind sharp as you age isn't just a matter of luck — it's something you can actively support every day, starting with what's on your plate. Occasional memory lapses, like misplacing your keys or forgetting a familiar name, are a normal part of aging. The good news is that research shows thoughtful food choices and a well-balanced diet can help support memory and overall brain function. With age natural changes such as reduced blood flow to the brain, fewer connections between brain cells, and increased inflammation can affect how clearly we think. Fortunately, a diet rich in antioxidants, essential vitamins, and healthy fats can help protect and nourish your brain.

Brightly colored fruits and vegetables provide antioxidants that defend your cells from damage. B vitamins play an important role in memory and mental clarity, while vitamin D helps reduce inflammation and strengthens the brain's natural defense systems. Healthy fats, especially omega-3s found in salmon, walnuts, and flaxseeds, help brain cells communicate more effectively and may support faster thinking and better recall. Staying hydrated is also important even mild dehydration can cause confusion and trouble concentrating. By eating a balanced, nutrient-rich diet and drinking enough water, you can take meaningful steps toward maintaining brain health.

## *Quick Nutrition Tips:*

Here is a list of foods that are great for your brain:

- Avocados
- Almonds
- Walnuts
- Pecans
- Beans
- Seeds
- Mackerel
- Trout
- Salmon
- Spinach
- Blueberries
- Cherries
- Olive Oil
- Strawberries
- Eggs

## We Love Our Veterans!



Veterans at the luncheon in Lynbrook

On Friday, February 13, the Nassau County Office for the Aging held its monthly Senior Veterans' Luncheon to honor our Veterans. Veterans enjoyed a nice hot meal and received Valentine's Day cards from children at local schools.

In Lynbrook, guests enjoyed a presentation by Syd Mandelbaum, Founder and CEO of Rock and Wrap it Up, an organization dedicated to feeding the hungry. In Bethpage, guests learned about the Nassau County Fire Fighters Operation Wounded Warrior organization, an 100% volunteer organization that channels resources such as clothing, personal entertainment electronics, and get-well cards to recovering service personnel.

The next Senior Veterans' Luncheon is Friday, March 13, doors open at 11:30. To RSVP, please call:

- Lynbrook St. Mary's Knights of Columbus, call 516-227-8900
- Bethpage Senior Center, call 516-571-9910



### Home Safety

Is your house number clearly visible from the road? In the event of an emergency, seconds count, and having a clearly visible address can make all the difference during a crisis.



Having a visible address will improve emergency response time and help responders find your home quickly. It will also help visitors and delivery services locate your home more efficiently.

#### **Tips for Maximum Visibility**

- ◆ Numbers should be at **least four inches high** and in an easy-to-read font.
- ◆ Use numbers with **high contrast** to their background. Avoid numbers created in shiny materials (i.e. brass).
- ◆ Use **reflective materials** so that numbers are visible in the dark or during bad weather.
- ◆ Also place numbers on your mailbox.
- ◆ Make sure that the address is well-lit at night.

***Taking these simple steps can significantly enhance safety and potentially save lives.***



# March Word Search



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

Baseball	Perennial
Blossom	Picnic
Buds	Planting
Bumblebee	Rain
Butterfly	Rainbow
Daffodil	Seeds
Dandelion	Soil
Fragrant	Sunshine
Gardening	Umbrella
Insects	Worm

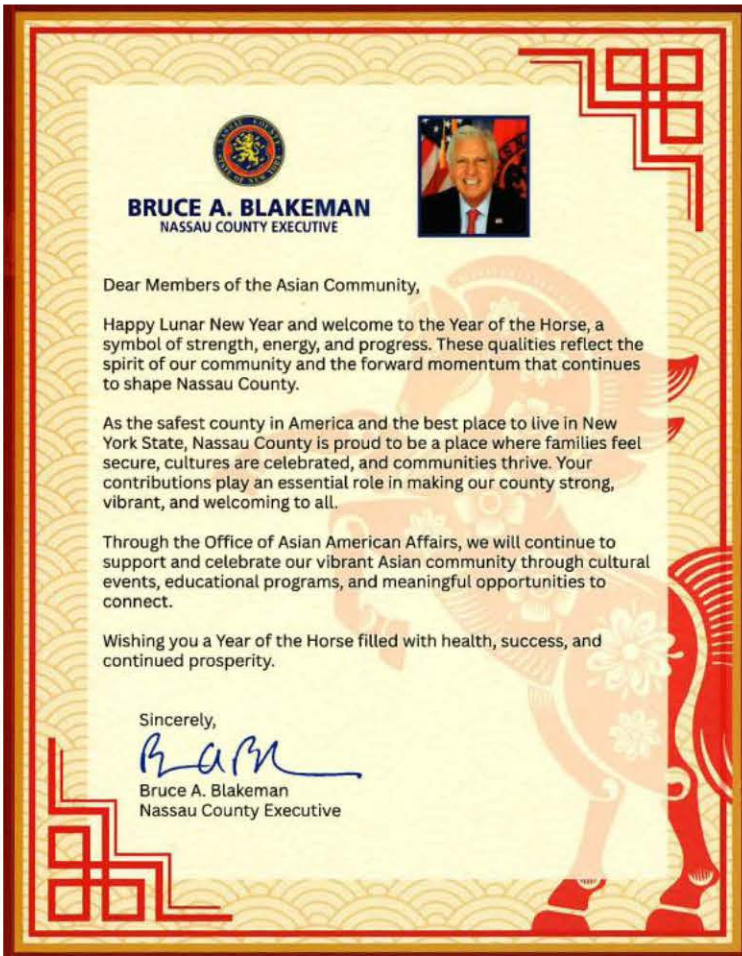
To join Office for the Aging's email distribution list please email us at:  
[seniors@hhsnassaucountyny.us](mailto:seniors@hhsnassaucountyny.us)

## Nassau County Celebrates Lunar New Year

The Lunar New Year began on February 17 and ushered in the Year of the Horse!

On Saturday, February 14th, Nassau County held its Lunar New Year Gala at the Tilles Center for the Performing Arts. Nassau County Executive Bruce Blakeman welcomed in the New Year!

Great Neck Senior Center participants celebrated with a Lunar New Year Gala complete with singing, folk music, a fashion show, dancing, and a delicious Chinese feast!



L to R Town of North Hempstead Supervisor Jen DeSena, Deputy Commissioner Debbie Pugliese, Senior Citizen Events Coordinator Melissa Whidden along with Madison



## Nassau County Honors Heart Health Month

Nassau County Office for the Aging kicked off Heart Health Month on February 6th, with an informative Lunch & Learn workshop by George Jojo Punnakudiyl, MD, Internist for Catholic Health. Dr. Punnakudiyl discussed the signs of heart disease and the various tests available. What questions to ask your doctor as well as the various resources available were discussed. After the workshop, guests enjoyed a lunch of assorted wraps and salads.



### Nassau County Senior Centers Go **RED!**



Glen Cove Senior Center



North Merrick and Hempstead Senior Center



Oceanside Senior Center



Point Lookout Senior Center



Westbury Senior Center



Roslyn Senior Center



## Senior Centers Happenings

### Hispanic Brotherhood– Rockville Centre



Participants were creative in art class!

### Bethpage Senior Center



Nassau County Office for the Aging Public Health Nutritionist Rosella Castrogiovanni spoke at the February 3<sup>rd</sup> meeting of the New Vision Pioneers. She spoke about the importance of healthy eating and nutrition.

### Wantagh Senior Center



Congratulations to the Beautiful Baby Contest Winners Lois and Suzanne!



Joyce (on left) teaches Diana and Marilyn from the Office for the Aging, and how to play Chinese checkers. What a great teacher!

## March is National Nutrition month

In honor of National Nutrition Month, Rosella Castrogiovanni, Office for the Aging Public Health Nutritionist shared this high-protein, healthy and delicious breakfast recipe.

### **3 Ingredient**

### **Cottage Cheese Pancakes**

#### **Ingredients :**

- 3/4 cup old-fashioned oats
- 1/2 cup cottage cheese (full-fat for best flavor)
- 2 large beated eggs
- 1/4 tsp kosher salt
- 1/4 tsp baking powder
- Pinch of ground cinnamon
- For additional nutrition, add fruit



#### **Instructions:**

1. Combine the oats, cottage cheese, eggs, and salt in a blender and blend for about 30 seconds until the mixture is smooth and well combined.
2. Add the baking powder and cinnamon, then pulse a few more times to incorporate evenly.
3. Heat a nonstick skillet or griddle over medium heat for about 1-2 minutes
4. Pour the batter in 2-tablespoon portions onto the pan, spacing them about 2 inches apart
5. Cook for 2 to 3 minutes until the bottoms are golden brown and the edges look set
6. Carefully flip each pancake and cook for 1 to 2 minutes more until golden brown.

**Serve and enjoy!**

## Milestone Birthday Celebrations!



Happy 102<sup>nd</sup> Birthday, Gerald! Gerald is a World War II U.S. Navy Veteran who served in the South Pacific aboard the USS Dionysus as a Pharmacist's Mate. He celebrated this special birthday with Ralph Esposito from the Nassau County Veterans Service Agency and friends at the Five Towns Premier Rehabilitation and Nursing Center in Woodmere.



Happy 102<sup>nd</sup> Birthday Anna who was presented with a citation from Department of Human Services Commissioner Jill Nevin and Deputy Commissioner Debbie Pugliese.



## Nutrition Counseling

Did you know that the Nassau County Office for the Aging offers nutrition counseling?



Our Registered Dietitians can provide free, individualized assistance with diabetes management, weight management, meal preparation tips, and more. For more information call NY Connects at 516-227-8900



**March is Woman's History Month!**  
**The Nassau County Office for the Aging honors the smart, talented, and caring women who make Nassau County a wonderful place to live!**

**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.**

Scan here to visit our website

