

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

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April 2026

Navigating a Path to Caregiver Support

Caregiving is often described as a labor of love, but it is also one of the most demanding roles a person can undertake. In the United States alone, nearly 1 in 5 adults provide unpaid care to a loved one with a chronic illness, disability, or age-related needs. While this role can be deeply rewarding, the physical and emotional toll—often called caregiver burden—can lead to serious health issues if left unaddressed.

The Nassau County Office for the Aging offers several supports to assist caregivers:

- ◆ **National Family Caregiver Support Program** supports informal caregivers so they can carry out their caregiving responsibilities. This begins with an assessment screening of the caregiver by a Case Manager. A support plan is then written to determine caregiver services which may include respite care, counseling, caregiver training, support groups, adult daycare, and more. For more information, call NY Connects at 516-227-8900.
- ◆ **Archangels** is an online platform that helps address caregiver intensity with a curated list of resources as well as tips from other caregivers. Learn your *Intensity Score* by taking a short quiz via www.archangels.me and find out whether you are in the 'red,' 'yellow,' or 'clear' and get connected to trusted support.

- ◆ **Memory Café** is a free, monthly, social engagement program that offers a fun and comfortable way for people with early-stage Alzheimer's disease/dementia and their care partners to get out and connect with one another over lunch. For more information about future events, locations, and to RSVP, call NY Connects at 516-227-8900.
- ◆ **Trualta** is an evidence-based online platform that provides caregivers with relevant educational content, practical tutorials and a dependable online community where all caregivers can join discussion forums, gain insight from support groups, and ask real questions of industry professionals. Please visit www.trualta.com for details.

The Nassau County Office for the Aging is committed to supporting caregivers and their families with programs and supports. If you or someone you know in Nassau County, is caring for a resident, age 60 or above, call NY Connects at 516-227-8900.





Eat or Toss:

Lets Talk About Food Waste



Not all scraps are waste; when unsure, always throw it out.

Learn about food safety and what to do with food scraps.

Have you ever opened the refrigerator, picked up a container, and wondered, “Should I eat this...or toss it?” Don’t worry—you’re not alone! Deciding what food is still safe can feel like a little kitchen mystery. Many people rely on the famous “smell test,” but here’s a surprise: the germs that cause food poisoning are tiny and sneaky. You can’t see them, smell them, or taste them, so food may look perfectly fine but still make you sick. That’s why safe storage matters. Keep foods like meat, eggs, milk, and leftovers in the refrigerator at 40°F or colder, and remember the two-hour rule—perishable foods should not sit out at room temperature for more than two hours. Food date labels can also help guide your choices. A “Best By” date tells you when food will taste its best—it’s about quality, not safety—so food may still be okay to eat afterward if it has been stored properly. A “Use By” date is more important for safety and means the food should be eaten or frozen before that date passes. When you truly aren’t sure, remember the golden rule: “When in doubt, throw it out.” But before tossing food, think about creative ways to reduce waste safely.

Vegetable scraps like carrot peels, onion ends, celery tops, and herb stems can be saved in a freezer bag and later simmered into a delicious homemade broth. Slightly soft fruits can be blended into smoothies, baked into muffins, or cooked into applesauce. Stale bread makes great croutons or breadcrumbs, and leftover rice or vegetables can become tomorrow’s stir-fry or soup. Even broccoli stems and potato peels can be roasted for a crunchy snack! By storing food properly, checking dates, and finding clever ways to use safe leftovers and scraps, you can protect your health, stretch your grocery budget, and help reduce food waste—one smart kitchen choice at a time.

Happy Easter from West Hempstead Senior Center!



Special thanks to Pat & Joan from W. Hempstead Senior Center who eagerly volunteer to decorate for all seasons and holidays!

The Long-Term Care Ombudsman



**Office of the State
Long Term Care
Ombudsman**

The Long Term Care Ombudsman Program provides advocacy and resources for people who reside in long-term care facilities such as nursing homes, rehabilitation centers, and adult care facilities.

Ombudsmen help residents and their families understand and exercise their rights to quality care and quality of life. The program advocates for residents by receiving, investigating, and working to resolve complaints made by or on behalf of residents. They respond to issues regarding:

- ◆ Residents' rights
- ◆ Environmental concerns
- ◆ Discharge
- ◆ Personal care concerns
- ◆ Quality of life issues

All matters shared with Ombudsman Program staff or volunteers are kept confidential unless permission is granted to share with others.

For more information or assistance or to volunteer, contact the Family & Children's Association Nassau County Ombudsman Team at 516-466-9718 or www.FCALI.org.

Oceanside Senior Center



Office For Aging staff member, Marilyn Pignataro proudly shows off new sign

Did you know there is a senior center housed at St. Anthony's Church in Oceanside? Operated by Catholic Charities and located at 80 Anchor Avenue (entrance around the back), the Senior Center serves Oceanside and surrounding areas as far as Baldwin, Lynbrook, and Island Park.

Site Manager, Jamie Mahabir is doing a great job creating a warm and nurturing environment for participants and the Site Council is working hard creating engaging programs such as yoga, line dancing, and crafts. Lunch, transportation, and trips to shopping are available. For more information and to plan a visit, call 516-764-9792.

Explore New Passions with Get Set Up



Would you like to explore new passions and be socially active? GetSetUp provides hundreds of free live classes online including cooking, music, gardening, technology, trivia and so much more. To get started, go to www.getsetup.io and click on the orange "sign up" in upper right corner. Then you can begin to explore new hobbies, engage with others, and enjoy meaningful experiences everyday!

GetSetUp 



April Word Search



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

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|-------------|-----------------|
| April Fools | Spring Cleaning |
| Basket | Sprouting |
| Bloom | Stroll |
| Bunny | Sunshine |
| Colorful | Thunderstorm |
| Earth Day | Vibrant |
| Green | Pollen |
| Joyful | Renewal |
| Ladybug | Seedling |
| Lemonade | Shower |

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



Veterans Spotlight



The Nassau County Office for the Aging Senior Veterans' Luncheons are really growing! These luncheons are to honor our Veterans for their bravery and sacrifice. They take place the second Friday of each month in two locations; Lynbrook and Bethpage. There is always a speaker who shares information to benefit Veterans.

In Lynbrook, Terrence Powderly, Chairman of the Nassau County Fire Fighters Operation Wounded Warriors spoke about how they support active and retired service members with clothing, food gift cards, and more.

Terrence Powderly Veterans at the Lynbrook Luncheon



In Bethpage, Fred Sganga, Executive Director from Long Island State Veterans Home at Stony Brook University spoke about their 350-bed skilled nursing facility serving honorably discharged Veterans and their families.

To RSVP for the next Senior Veterans' Luncheon:

Lynbrook: 516-227-8900 **Bethpage:** 516-571-9910

Deputy Commissioner, Debbie Pugliese visits the Veterans' Luncheon in Bethpage



Stroke Awareness Workshop



On March 9, NYU Langone Health presented Stroke Awareness at the Herricks Senior Center. They discussed how to recognize symptoms of a stroke, a plan of action, treatments, risk factors, and stroke prevention. If you missed it, they will present again at the following senior centers:

Westbury Senior Center April 22, 11-12pm RSVP 516-334-5886	Bethel AME Senior Center June 4, 11-12pm RSVP 516-377-4469
Oceanside Senior Center May 8, 11-12pm RSVP 516-733-7051	W. Hempstead Senior Center July 16, 11-12pm RSVP 516-733-7051

More workshops are being planned in the future. For other locations call 516-227-8900.

HEAP Cooling Assistance Program

The cooling assistance component of HEAP will open on April 15th and will remain open until funds are exhausted. The HEAP Cooling Assistance benefits and services are provided on a first come first served bases to eligible households. Applicants must have received a regular HEAP benefit during the program year or be determined to be eligible for the cooling component. For more information, please call the Nassau County HEAP office at 516-227-7386.



The Heating Equipment Repair and Replacement (HERR) opened December 11, 2025 and will remain open until funds are exhausted. Applicants will be interviewed in person to determine eligibility. Applicants must own and reside in their home, be 60 years of age or older at the time of application, meet federal income guidelines, and provide required documentation. To request an application, call EAC Network at 516-565-4327.

April Recipe

This grain pie recipe is considered a decadent treat, particularly around Easter. Office for the Aging Nutritionist, Rosella Castrogiovanni shared this traditional recipe.

Grain Pie

Ingredients:

- 5 cups water
- ½ cup whole wheat berries
- 6 large eggs
- 1 cup white sugar
- 1 ½ pounds ricotta cheese
- 1 (8-ounce) package mixed candied fruit
- 2 teaspoons grated orange zest
- 1 teaspoon grated lemon zest
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- 1 tablespoon unsalted butter
- 1 teaspoon salt
- 2 (14.1-ounce) packages double-crust pie pastry, thawed
- 2 tablespoons confectioners' sugar for dusting



Instructions:

1. Bring water to a boil in a large saucepan over medium low heat; pour in wheat and boil for 40 minutes.
2. Meanwhile, beat eggs in a large bowl with an electric mixer while gradually adding in 1 cup sugar. Mix in ricotta, candied fruit, orange zest, lemon zest, vanilla extract, and cinnamon.
3. When wheat is ready, drain in a colander and rinse with warm water. Place ¾ cup of cooked wheat in a small bowl; stir in butter and salt until butter is melted, then stir wheat mixture into ricotta mixture along with remaining cooked wheat berries.
4. Preheat the oven to 375 degrees F.
5. Line two 9-inch pie pans with pastry. Cut remaining pastry into 1/2-inch wide strips for tops of pies. Spoon 1/2 of the filling into each pan; cover with pastry strips to form a lattice pattern. Crimp edges.

Bake until crust is golden brown, about 45 minutes. Sprinkle each pie with 1 tablespoon sugar and allow to cool at room temperature. Chill overnight before serving.

National Library Week: April 19-25

National Library Week is an annual celebration highlighting the valuable role libraries, librarians, and library workers play in transforming lives and strengthening our communities.



Celebrate
NATIONAL LIBRARY WEEK

April 19-25, 2026

This year's theme is "Find Your Joy," and encourages

patrons to discover the personal joy, knowledge, and community that libraries provide. Be sure to check out your local library for free performances, movies, classes, meetings, museum passes, Library of Things, and much more.

For a listing of library programs and events for the 54 member libraries in Nassau County, visit www.nassaulibrary.org and click "Member Library Events" in the top menu.

Circus Carnival at Freeport Senior Center at Salvation Army!



On March 10th, participants enjoyed a Circus Carnival with the help of Molloy University students. There were six fun stations. All participants received one ticket and winners received extra tickets for the raffle. They enjoyed the event so much they will run it again this fall!



Senior Centers Happenings

Oyster Bay Senior Center



Participants enjoyed a performance from Kender Academy of Irish Dance.

Hispanic Brotherhood—Rockville Centre



Participants enjoyed arts and crafts!

Hispanic Brotherhood Hempstead



Participants sang and played instruments with Molloy University Music Therapy students.

Wantagh Senior Center



Participants loved their first BINGO class led by staff members Eric and Maria.

Westbury Senior Center



Westbury Senior Center celebrated Black History Month with a performance by the Westbury Middle School Chorus led by Johnathan Fulcher.

Bethpage Senior Center



Participants enjoyed a fitness class led by certified personal trainer and Office for the Aging staff member, Samantha. The class focused on bone density, mobility, and balance.

Point Lookout Senior Center



On March 17th, Point Lookout Senior Center celebrated International Woman's Day with a St. Patrick's Day party complete with Irish Music, food, and props. Center Manager, Bonni Goetz recognized six volunteers who go above and beyond!



Milestone Birthday Celebrations!

Happy 105th Birthday, Casper!



Deputy Commissioner Debbie Pugliese presented Casper, a World War II Veteran and oldest living NYPD retiree with a Birthday citation at family gathering at his home.

Happy 100th Birthday, Mary!



Mary celebrated this special birthday at the Senior Birthday Party at the Bethpage Barn. Deputy Commissioner Debbie Pugliese presented the citation.

Happy 100th Birthday Etheline!



Deputy Commissioner Debbie Pugliese presented Etheline with a citation for her 100th Birthday.

Freeport Senior Center at Bethel AME Church

Happy 90th Birthday to Cleveland and Happy 80th Birthday to Mattie!



Wantagh Senior Center



Happy 100th Birthday to Helen!



Happy 95th Birthday to Virginia!

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

