

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

June 2026

Celebration of Older Americans Month

This year the Nassau County Office for the Aging celebrated Older Americans Month with the 50th Annual Older Americans Month Conference & Luncheon on Friday, May 15, 2026, at the Long Island Marriott in Uniondale. This year's theme *Champion Your Health*, focused on the importance of prevention, wellness, and personal responsibility as cornerstones of health aging. It encourages older adults to take an active role in their health—advocating for themselves, accessing preventive care, and making informed decisions that support independence.

Older adults and aging services providers enjoyed a vendor fair and three workshops; *Your Next Steps: Understanding Hospital Discharge Planning* presented by St. Joseph Hospital—Catholic Health, *5 Tips to Promote Wellness Thru Nutrition* by Cornell Cooperative Extension of Nassau County, and *Small Actions Create a Big Impact: Managing Mental Health* by the Nassau County Department of Human Services.

Nassau County Executive Bruce A. Blakeman shared in his welcome address. *"May is Older Americans Month and this year's theme 'Champion your Health' is about wellness, independence, and community. You helped build this county and we are here to celebrate you."* He then recognized the Seniors of the Year, Ellen Andrasick and Matthew DeGregorio and continued, "your dedication and contributions have made Nassau County a better place for all of us. Congratulations, you are so deserving of this honor."

Speakers included Human Service Commissioner Jill D. Nevin, Deputy Commissioner Debbie Pugliese, Nassau County Comptroller Elaine Phillips, as well as Nassau County Legislators John Giuffrè and Kayla Knight and NYS Office for the Aging Chief of Staff John Cochran. It was a day filled with excitement and gratitude!



Senior of Year Matthew DeGregorio and Ellen Andrasick with Commissioner Jill Nevin, Comptroller Elaine Phillips, Legislator Kayla Knight, Director of the Nassau County Veterans Service Agency Ralph Esposito and Deputy Commissioner Debbie Pugliese.

Older Americans Month Conference Friday, May 15, 2026



2026 Seniors of the Year

Ellen Andrasick



Ellen Andrasick of Franklin Square is Nassau County Office for the Aging's 2026 Senior of the Year. Ellen Andrasick is a lifelong Nassau County resident, born and raised in Garden City, and moved to Franklin Square after she got married. She was married to her husband Bob for almost 60 years before his death in 2022. They raised two children, Richard and Robert, and she has four grandchildren. She has worked for Nassau County Community College for 25 years and currently is working for the Town of Hempstead Town Clerks Office.

Ellen is a tireless advocate for the Franklin Square Community, helping to maintain the quality of life enjoyed by its residents. Through her service on various civic organizations, Ellen has been a leader among the senior population, advocating for their concerns, from taxes to clean sidewalks and presentable storefronts. When anyone needs help with anything, they know they can count on Ellen to be right there, by their side, helping in whatever way she can: driving others to doctor appointments and other appointments, helping to raise funds for the civic organizations to which she belongs, and always being willing to help in any way. Additionally, Ellen has dedicated her time to volunteering to the Police Boys Club Basketball.

Ellen volunteers because she likes doing it. She comes from a family of volunteers; both her mother and father volunteered all the time. She finds volunteering rewarding being able to help others and it leads to lifelong friendships and keeps her busy.

Matthew DeGregorio



Matthew J. DeGregorio of Levittown is Nassau County Office for the Aging's 2026 Senior of the Year. Matthew is a proud United States Air Force veteran who served from 1968 to 1972 during the Vietnam War as an aircraft maintenance specialist and crew chief with the 602nd Fighter Squadron

(Commando), helping ensure aircraft were mission ready while deployed in Vietnam and Thailand. For his service he earned the National Defense Service Medal, Vietnam Service Medal, and the Air Force Good Conduct Medal.

Matthew J. DeGregorio has dedicated decades to serving veterans and the Levittown community through his leadership and volunteerism with Veterans of Foreign Wars Post 9592. A member since 1975 and former Post Commander from 2016-2018, he has helped lead numerous initiatives supporting hospitalized veterans, organizing care packages for deployed service members, and assisting local military families. Under his leadership, the post has also mentored young people, participated in community events and parades, and partnered with civic and local organizations to strengthen support for veterans. Members regularly visit wounded veterans in hospitals, provides assistance to families of those serving overseas, and advocated for veterans' issues with local and state leaders. In recognition of his decades of dedication to veterans and community service, DeGregorio was inducted into the New York State Veterans Hall of Fame. Additionally, Matthew has served his community as a member of the Levittown Chamber of Commerce, a member of the Nassau County Community Council and is a member of the Sons of Italy Lodge #2214 for 55 years.

Older New Yorker's Day

In addition to representing Nassau County, Ellen and Matthew were honored at Older New Yorkers' Day on Tuesday, May 26th in Albany.

Here is Ellen are pictured with Nassau County Office for the Aging Deputy Commissioner Debbie Pugliese and New State Office for the Aging Director Greg Olsen.





June Word Search



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

SUMMER
FATHERS DAY
BEACH
PICNIC
VACATION
FLAG DAY
LONGEST DAY
GARDEN
CAMPING
SUNSHINE

SUNBURN
SUNGLASSES
SAND
OUTDOORS
HYDRATION
EXPLORE
ICE CREAM
SWIM
WEATHER
SOLSTICE

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

June Recipe

Office for the Aging Nutritionist, Rosella Gigliotti shared this light and delicious spring salad.

Spring Asparagus Salad

Ingredients:

- 1 bunches of asparagus
- 2 oz green beans
- 1/2 head romaine lettuce
- 1 cups frozen peas
- 1 1/2 oz mozzarella pearls
- Optional: mint leaves

Dressing:

- 1/2 tsp lemon zest
- 1 tbsp lemon juice
- 3 tsp extra virgin olive oil
- Salt and pepper (optional)



Instructions:

1. Bring a large pot of water to a boil. Add green beans and asparagus. Boil for 5-6 minutes
2. Add frozen peas and boil for another 30 seconds until they turn bright green
3. Drain and rinse under cold running water to stop cooking process.
4. Blot vegetables with paper towel. Thinly slice vegetables as desired.
5. Rinse and cut romaine lettuce as desired.
6. Mix ingredients for dressing in a small measuring cup
7. Combine all ingredients, mozzarella, and dressing in a bowl.

Serve and enjoy!

Have you made one of our recipes? Send your selfie to seniors@hhsnassaucountyny.us to be included in the next newsletter.

Veterans Spotlight

On May 8, the Nassau County Veterans Service Agency hosted a Veterans Stand Down at Mitchel Field. Rows of organizations featured information regarding veterans benefits and community resources including the Legal Service of Long Island—Veterans Rights Project, Long Island State Veterans Home, and there were free haircuts compliments of the Barber and Beauty Institute of New York (BBINY) .

The Office for the Aging had the opportunity to share information about our senior centers, events, and monthly Veterans' Luncheons. The next Senior Veterans' Luncheon is on June 12. It was great seeing so many familiar faces at the event!



Senior Veterans



Ralph Esposito,
Nassau County
Veterans Service
Agency Director
and Anissa
Moore, Deputy
County Executive



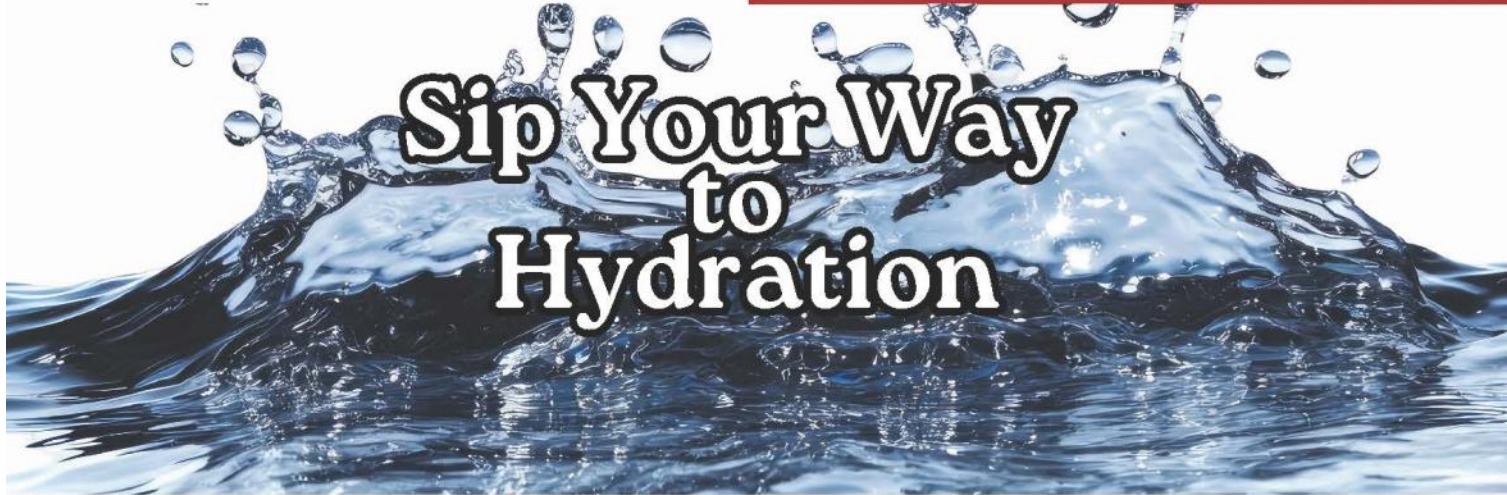
Senior Veterans stop by the
OFA table to say hello!



Senior Veteran with Elaine
Phillips, Nassau County Comptroller,
Ralph Esposito, Nassau County Veterans
Service Agency Director,
Debbie Pugliese, Deputy Commissioner
Office for the Aging and Paul Vista,
Deputy Director Nassau County Veterans
Service Agency



Susanna Laruccia, Esq.,
Debbie Pugliese, Deputy
Commissioner, and Dolores Sclafani



Sip Your Way to Hydration

Don't Wait Until You're Thirsty!

Learn about how hydration is important for staying healthy all summer long!

As we get older, our bodies may not tell us we are thirsty as quickly as they used to. That means dehydration can sneak up, especially during warm summer months. Drinking enough water helps keep your body cool, supports digestion, protects your kidneys, helps prevent constipation, keeps joints moving, and may even help you feel more alert and energized.

Watch for signs that you may need more fluids, such as dry mouth, headache, dizziness, confusion, tiredness, muscle cramps, constipation, dark yellow urine, or going to the bathroom less often than usual. The best drink for daily hydration is water, but low-fat milk, unsweetened flavored water, herbal tea, or water with lemon, cucumber, or fruit slices are also good choices. Try to limit soda, which often has lots of added sugar and little nutrition. Juice can be enjoyed in small amounts, but whole fruit is the better choice because it gives you fiber along with vitamins and natural sweetness.

To stay hydrated, keep a water bottle nearby, take small sips throughout the day, and drink with meals and snacks. Water-rich foods like watermelon, oranges, cucumbers, tomatoes, soups, and yogurt can also help. During summer heat, rest in the shade or air conditioning, wear light clothing, and take extra water breaks. Call for medical help right away if you feel faint, confused, extremely weak, and/or are barely urinating. Have a wonderful summer!

Senior Centers Happenings...

Catholic Charities Celebrate Older Adults

On Wednesday, May 6th St. Agnes Cathedral in Rockville Centre hosted the Annual Mass and Reception in Honor of St. Joseph the Patron Saint of the Aging. The celebration honored older adults and those who work with older adults in Nassau and Suffolk Counties. The Mass was celebrated by Most Reverend John O. Barres Bishop, Rockville Centre. After mass, participants enjoyed a luncheon with music and dancing.



Freeport Salvation Army



On May 1st, The Freeport Senior Center at the Salvation Army hosted the New York state Division of Homeland Security & Emergency Services for the NY Citizen Preparedness Training Program. Each household received a preparedness kit!

Cinco de Mayo



Oyster Bay Senior Center celebrated with a live mariachi band and dancing!



Bethpage Senior Center celebrated with flan and a tour of Puebla, Mexico!

Wantagh Senior Center



Mother's Day lunch at the Wantagh Senior Center.

Oceanside Senior Center



Anthony and Richard started off their morning with a friendly game of pool!

Nursing Home Week



Deputy Commissioner Debbie Pugliese and Brian Norman from Senator Patricia Canzoneri-Fitzpatrick's office presented citations to Anthony Maltese of Five Towns Premier Nursing Home at their *National Nursing Home Week Celebration*.

Brooklyn

KITCHEN

Brooklyn Kitchen Supports Nassau County Older Adults



Brooklyn Kitchen is proud to support Nassau County Home Delivered Meals clients by providing convenient frozen meals that help older adults remain nourished and independent at home. Meal offerings include general wellness meals, medically tailored

meals, and culturally appropriate options designed to meet diverse dietary and personal needs. Dedicated drivers like Nick provide more than meal deliveries by also offering friendly check-ins and an important wellness touchpoint with every visit.

"I look forward to seeing our clients and making sure they are doing well. A meal delivery is also a chance to check in and brighten someone's day."
— **Nick, Brooklyn Kitchen Driver**

Milestone Birthday Celebrations!



Deputy Commissioner Debbie Pugliese presented Giuseppa with a citation for her 100th birthday.

Client Testimonial

"Ms. Lindsay has such a kind and caring demeanor - her humanity is evident in everything she does. Such a quality is admirable. It is obvious to me that she enjoys her job and truly cares about people and tries to help, which has great meaning to us. Thank you again."

-Catholic Charities Client

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

