

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

## May 2026

### Celebrating Older Americans Month: Champion Your Health



CHAMPION YOUR HEALTH: MAY 2026

Celebrated every May, Older Americans Month is led by the Administration for Community Living (ACL). Established in 1963, Older Americans Month is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving older adults in our communities.

This year's theme, "Champion Your Health," focuses on prevention, wellness, and personal responsibility as cornerstones of healthy 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.



Oceanside Senior Center participants "Champion" their health with a Cardio Drumming class.

This Older Americans Month, both communities and individuals can take steps to champion health and advance healthy aging.

#### **How can community groups, businesses, and organizations mark the occasion?**

- Promote Older Americans Month through newsletters, meetings, and social media channels.
- Invite community members to share stories and reflections using #ChampionYourHealth.
- Highlight practical tips and trusted resources that support prevention and healthy aging.
- Elevate local programs and events that help older adults stay healthy, active, and engaged.

#### **How can individuals take charge of their health at every age?**

- Stay up to date on preventive care/screenings.
- Build and maintain social connections that support emotional well-being.
- Choose nutritious, minimally processed foods.
- Incorporate regular physical activity to maintain strength and mobility.
- Practice daily habits that support mental health and resilience.



# **Lettuce Support Lifelong Health**

**Fruits and vegetables always have a place in a delicious meal!**

*Learn about how to add vegetables into your meals and still enjoy great taste!*

Maintaining good nutrition is essential for supporting strength, energy, and independence as we age. A balanced diet rich in fruits and vegetables provides key vitamins, minerals, and dietary fiber that contribute to heart health, digestive function, and overall well-being. It is recommended to consume at least five servings of fruits and vegetables per day, as doing so is associated with a reduced risk of conditions such as heart disease, stroke, and certain cancers. Incorporating these foods into daily meals does not require significant changes—vegetables can be added to familiar dishes like soups, pasta, and casseroles, while herbs such as garlic, parsley, and dill can enhance flavor without relying on excess salt .

Equally important is how foods are prepared. Cooking methods such as roasting or grilling can improve flavor by reducing bitterness and enhancing natural sweetness, while steaming or puréeing can create softer textures that are easier to chew and digest. The addition of small amounts of healthy fats, such as olive oil, can aid in the absorption of fat-soluble vitamins, and acidic ingredients like lemon juice or vinegar can improve taste without increasing sodium intake. Fruits and vegetables are also naturally low in calories and high in fiber, supporting weight management, promoting satiety, and improving digestion. By applying these practical strategies, individuals can improve both the nutritional quality and enjoyment of their meals, supporting long-term health in a sustainable and approachable way .

## Gardening Workshop



On March 31<sup>st</sup>, Cornell Cooperative Extension of Nassau County led a Spring Gardening Workshop at the Bethpage Senior Community Center. Guests learned how to grow zinnia seedlings, herbs, microgreens, and shamrocks in containers.

## Life-Saving Techniques Workwhop

Mount Sinai South Nassau and the American Heart Association led a workshop on Life-Saving Techniques at the recent Plainedge Seniors meeting in Seaford. Guests learned about cardiac arrest, how to do hands-only CPR, how to operate an Automated External Defibrillator (AED), and perform abdominal thrusts for choking. They then practiced their new skills on mannequins. If their friends or family have a medical emergency, they now have the tools to assist until medical help arrives.



Jeremy Leiss of the American Heart Association gives one-on-one instruction.

## May is Mental Health Awareness Month



Mental Health Awareness Month was established in 1949 and highlights the importance of mental wellbeing, education and support for those affected by mental health conditions.

Communities thrive when they prioritize mental health. Our mental health and physical health are equally important. Our sleep, stress, relationships, nutrition, environment, and other health conditions all impact—and are impacted by—our mental health. Below is a list of supports:

- ⇒ **516-227-TALK (8255)** offers 24/7, immediate, short-term counseling for emotional distress, psychiatric emergencies, addiction, and more.
- ⇒ **Senior Centers** are wonderful communities for social connection, activities, and a healthy meal. Transportation is provided to most centers. Call NY Connects at 516-227-8900 for more information about your local senior center.
- ⇒ **Behavioral Health Symposium** is on May 20, from 9-3pm at Long Island University—Post Campus. Entitled “Nassau County 2026 Inaugural Behavioral Health Symposium Facing Crisis, Bridging Courts and Care Through Integrated Behavioral Health Solutions.” For more information email the Nassau County Office for Mental Health, Chemical Dependency, and Developmental Disabilities at [Calle.Panakos@hhsnassaucountyny.us](mailto:Calle.Panakos@hhsnassaucountyny.us)
- ⇒ Your **local library** is a great place to learn, discover, and connect with others. Many have senior groups, meditation classes, discussion groups, and more. Call your local library or 516-227-8900 for contact information.
- ⇒ Please call **NY Connects** at 516-227-8900 for any questions, information or assistance.



# Merry Month of May Word Search



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

CINCO DE MAYO  
 ICE CREAM  
 SPRING  
 BARBEQUE  
 FLOWERS  
 VIBRANT  
 MOTHERS DAY  
 LAWN  
 BUZZING  
 FESTIVAL

BUMBLEBEE  
 RENEWAL  
 MEMORIAL DAY  
 BLUEBIRD  
 BASEBALL  
 POLLINATE  
 BLOSSOMING  
 BUTTERFLY  
 BREEZY  
 WARMTH

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

## May Recipe

Office for the Aging Nutritionist, Rosella Castrogiovanni shared this easy and delicious recipe. Feel free to enjoy it hot or cold. Feel free to add chicken, shrimp, or another protein.

### **Spinach and Basil Pesto with Orzo**

#### **Ingredients:**

- Pasta-2 cups dry orzo (yields 4-6 cups of cooked orzo)
- Makes 1 3/4 cups of pesto:
  - 3 cups baby spinach
  - 3 cups packed fresh basil
  - 3 tbsp walnuts
  - 3 garlic cloves, peeled
  - 1 tbsp lemon juice
  - 3 tbsp nutritional yeast (or grated parmesan cheese)
  - 1/4 tsp salt
  - 1/4 cup olive oil



#### **Instructions:**

1. In a food processor or mini chopper, add olive oil, nuts, garlic, lemon juice, nutritional yeast (or parmesan cheese) and salt. Blend on high speed until a loose paste forms.
2. Add baby spinach and basil in small batches. Blend until smooth.
3. In a mixing bowl, lightly combine pesto with cooked orzo.

### ***Serve and enjoy!***



Debbie Pugliese, Deputy Commissioner made the Grain Pie recipe from our April newsletter. She is pictured here, sharing it with Rosella.

**Have you made one of our recipes? Send your selfie to [seniors@hhsnassaucountyny.us](mailto:seniors@hhsnassaucountyny.us) to be included in the next newsletter.**

## New York State Parks



### **Golden Park Program**

For NY State residents, 62 or older, on Monday - Friday (except holidays), you can obtain free vehicle access to most state parks, boat launch sites and arboretums and fee reduction to state historic sites and state-operated golf courses. Simply present your currently valid New York State Driver License or New York State Non-Driver ID Card at the park entrance.

### **Lifetime Liberty Pass**

Allows New York State Veterans and Gold Star Parents, Spouses, or Children free or discounted parking and use of state parks, historic sites, and recreational facilities. If you are a Veteran with the VETERAN designation on your New York State ID, simply show it at staffed locations for admission.

#### **For more information visit:**

**<https://parks.ny.gov/visit/passes/empire-pass>  
or call the park directly.**

### **STS/Sight Through Support Groups**

Nassau County Office for the Aging has a partnership with the Helen Keller Services for the Blind to facilitate three support groups for residents who are visually impaired. These groups are led by a Licensed Social Worker and offer crafts, socialization, crafts, education, and recreation. These groups meet weekly:

<b>Mondays</b>	<b>Roslyn Senior Center</b>
<b>12:00 - 1:30pm</b>	
<b>Wednesdays</b>	<b>Hempstead Senior Center</b>
<b>1:00 - 2:30pm</b>	
<b>Thursdays</b>	<b>Wantagh Senior Center</b>
<b>1:00 - 2:30pm</b>	

**For more information, please call NY Connects at 516-227-8900.**

## Veterans Spotlight

National Military Appreciation Month is observed every May in the United States to honor the service and sacrifices of current and former members of the U. S. Armed Forces and their families. It encourages all Americans to take time out of their busy schedules to show appreciation to active members of the military, reserve members, members of the National Guard, and Veterans who served their country with distinction.

The Nassau County Office for the Aging honors our Veterans by hosting monthly Senior Veterans' Luncheons in both Bethpage and Lynbrook. The April 10th Luncheon featured guest speakers from Rock and Wrap it up at Bethpage and Long Island State Veterans Home at Lynbrook.

Please note that there will be **no luncheon** in May in support of the Veterans Stand Down on Friday, May 8th at Mitchell Field. **The next Senior Veterans' Luncheon will be Friday, June 12th.**



Supporting our Veterans by hosting the

# VETERANS STAND DOWN

**Friday, May 8, 2026**  
9:00am-1:00pm

*The Stand Down Event will host numerous veterans support organizations with information regarding veterans benefits, housing, employment and community resources.*

## MITCHEL FIELD

Butler Building | 1 Charles Lindbergh Blvd., Garden City

Military Veterans will be required to display proper "Veterans Identification". Veterans are also encouraged to bring their DD-214 Military Discharge Form to register with a Veterans Counselor for a benefits assessment.

For more information please call the Nassau County Veterans Service Agency at (516) 572-6565

 **NASSAU COUNTY VETERANS SERVICE AGENCY**  
2201 Hempstead Tpke. Bldg Q • East Meadow • 516-572-6565

## Don't Get Scammed!



Millions of older adults fall victim to financial fraud each year. Scammers often target individuals aged 60 and older, because they are perceived as having accumulated substantial savings, own homes, or have excellent credit.

Attend a free Senior Scam Awareness Presentation and learn how to identify scams, how to report them, and how to recover if you ever become a victim. Below is a list of upcoming Senior Scam Awareness presentations: at local libraries:

**May 6** Mineola Memorial (516) 746-8488  
**1:00pm** Library

**May 7** Bellmore Memorial (516) 785-2990  
**1:30pm** Library

**May 20** Bethpage Public (516) 931-3907  
**1:00pm** Library

**June 4** North Merrick (516) 378-7474  
**1:30pm** Library

**June 11** Levittown Public (516) 731-5728  
**2:00pm** Library

Please call the location to register and confirm date and time.

Library presentations are hosted by the local Legislator in partnership with County Executive Bruce Blakeman, Nassau County Office of Crime Victim Advocate, Nassau County Office for the Aging, Nassau County Police Department Community Affairs, and the Family & Children's Association.

**For future dates, please call NY Connects at 516-227-8900.**

Scan here to  
visit our  
website



## Self Defense Workshop



Did you know that Elaine Phillips, in addition to being the Nassau County Comptroller, is also a sixth-degree black belt? On April 9th she led a Self Defense Workshop at the Bethpage Senior Community Center. Guests learned valuable skills and techniques to enhance their personal safety, improve their self-awareness and boost their confidence.

The next Self Defense Workshop will be at the West Hempstead Senior Center on Monday, May 11th from 11am to 12pm. To RSVP, please call 516-733-7051.

## Unlocking Success: The Senior College Audit Program



The Senior College Audit Program lets older adults attend college classes without needing to pay full tuition fees. Imagine sitting in a classroom filled with eager minds, soaking in knowledge without the stress of grades or exams. This program opens doors for seniors who want to learn just for the joy of it.

Two local colleges that have this program are Nassau Community College and SUNY Old Westbury. Both programs are for adults aged 60 years or older, tuition-free and not for academic credit and on a space-available basis. For general information about the program, contact Nassau Community College at (516) 572-7472 and SUNY Old Westbury at (516) 876-3200. This program is not limited to these colleges.

## Legal Assistance

The Nassau County Office for the Aging offers a variety of support services for older adults. The Legal Services of Long Island—Senior Citizens Law Project provides legal representation, advice, and referrals for:

- Health Care and Social Security
- Wills, Power of Attorney and Health Care Proxy Forms
- Medicaid Planning and Pooled Trusts
- Consumer debt and utility shut-offs
- Housing and evictions



LEGAL SERVICES  
OF LONG ISLAND

**For more information, call 516-292-8088.**

## Senior Summer Concerts Start on Wednesday, May 27th at Noon



It's that time of year again! Bring your chair and picnic lunch and enjoy a fun afternoon concert in the shade. Noontime concerts run every Wednesday from noon to 2pm beginning May 27th with the **County Line Country Band**.

Eisenhower Park, Field # 1. Free Admission.

All Events weather permitting. Call 516-572-0200 for up-to-date information.



**BRUCE A. BLAKEMAN**  
 NASSAU COUNTY EXECUTIVE

# Senior Summer Concerts

## NOONTIME CONCERT SERIES

WEDNESDAYS, 12:00-2:00PM | EISENHOWER PARK, Field #1

### MAY

May 27 .....County Line Country Band

### JUNE

June 3 .....Blue Angel  
 June 10 .....Risky Business  
 June 17 .....Carolyn Benson  
 June 24 .....Bob Damato

### JULY

July 1 .....Louis Del Prete  
 July 8 .....Eddie Sessa  
 July 15 .....Dominick Paradise  
 July 22 .....Dennis Dell

July 29 .....Two for the Road

### AUGUST

Aug. 5 .....Johnny Avino  
 Aug. 12 .....Barbara Harris  
 Aug. 19 .....Sound Chaser Band  
 Aug. 26 .....Tangerine

### SEPTEMBER

Sept. 2 .....Bob Damato  
 Sept. 9 .....Louis Del Prete  
 Sept. 16 .....The Clusters  
 Sept. 23 .....Tercels

## AFTERNOON CONCERT SERIES

MONDAYS | EISENHOWER PARK, LAKESIDE THEATRE, Field #6

### JUNE

**Thursday, June 11<sup>th</sup>** ..... 6:00pm  
 • Amber Ferrari  
 • Debra Toscano

**Monday, June 22<sup>nd</sup>** ..... 6:00pm  
 • The Chiclettes  
 • Vinnie Medugno

### JULY

**Thursday, July 9<sup>th</sup>** ..... 7:00pm  
**DOO WOP NIGHT**  
 • Johnny Farina • E'stefano DiSanto  
 • Bobby Wilson • The Brooklyn Bridge

### AUGUST

**Monday, August 10<sup>th</sup>** ..... 6:00pm  
 • Gerry Ferretti & The Mutant Kings band  
 • Jenna Esposito

**ALL EVENTS WEATHER PERMITTING. CALL 516-572-0200 FOR INFORMATION / FREE ADMISSION**

**NASSAU COUNTY DEPARTMENT OF  
 PARKS, RECREATION AND MUSEUMS**

along with

**DEPARTMENT OF HUMAN SERVICES  
 OFFICE FOR THE AGING**



## EAC Support Services



Funded by Nassau County Office for the Aging, EAC Network provides supportive services at senior centers to promote health and social connection. Members can enjoy time with friends, a nutritious lunch, activities and cultural events that encourage physical & mental wellness. Fitness classes include Zumba, Tai Chi, Yoga, Line Dance, and Arthritis Foundation Exercise to promote strength and mobility. Arts & crafts, watercolor, sculpture and chorus classes offer the opportunity for creativity and group engagement. Nurses provide on-site health monitoring of blood pressure & medication management. Join us to stay active, creative, and connected!


## Senior Center Open House May 21st



Mark your calendar for our next Senior Center Open House on May 21st! Enjoy activities, lunch, good company and more. Meet the people who make our Senior Centers a vibrant place for wellness, learning, and friendship!

All Nassau County residents, age 60 and above are welcome to participate. For a center near you, call NY Connects at 516-227-8900.





**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE



# SENIOR CENTER OPEN HOUSE

Join us for lunch at your local  
Nassau County Senior Center

*Call your local center for lunch reservations & directions*

<p><b>Freeport</b>.....516-377-4469 <i>(at Bethel AME Church)</i></p> <p><b>Freeport</b> ..... 516-623-2008 <i>(at The Salvation Army)</i></p> <p><b>Glen Cove</b> .....516-759-9610</p> <p><b>Great Neck</b> .....516-487-0025 <i>(aka Great Neck Social Center)</i></p> <p><b>Hempstead</b> .....516-565-1568 <i>(at Union Baptist Church)</i></p> <p><b>Hempstead</b> .....516-483-6018 <i>(at Hispanic Brotherhood)</i></p> <p><b>Hewlett</b> ..... 516-374-9253 <i>(at New Horizon Counseling Center)</i></p> <p><b>North Merrick</b> ..... 516-571-8675 <i>(at Brookside School)</i></p>	<p><b>Oceanside</b> ..... 516-764-9792 <i>(at St. Anthony's Parish)</i></p> <p><b>Oyster Bay</b> ..... 516-922-1770 <i>(aka The Life Enrichment Center)</i></p> <p><b>Point Lookout</b> ..... 516-432-5555 <i>(at Bishop Molloy Rec Center)</i></p> <p><b>Rockville Centre</b> ..... 516-766-6610 <i>(at Hispanic Brotherhood)</i></p> <p><b>Roslyn</b> ..... 516-944-9654 <i>(at Trinity Episcopal Church)</i></p> <p><b>Wantagh</b> ..... 516-797-5357 <i>(at St. Jude's Church)</i></p> <p><b>Westbury</b> ..... 516-334-5886</p> <p><b>West Hempstead</b> .....516-733-7051 <i>(at St. Thomas Church)</i></p>
--	---

## Thursday, May 21st

Suggested contribution for lunch is \$3.00. No one shall be denied a service due to their inability and/or unwillingness to contribute.

**OFFICE FOR THE AGING**  
60 Charles Lindbergh Boulevard, Unlondale | 516-227-8900 | [seniors@hhsnassaucountyny.us](mailto:seniors@hhsnassaucountyny.us)  
The Area Agency on Aging for Nassau County under the Older Americans Act. This program is made possible with funding from the NYS Office for the Aging and the US Administration on Aging.

## Senior Centers Happenings

### Rockville Center Senior Centre at Hispanic Brotherhood



The Easter Celebration was complete with arts & crafts, donations of food, Easter basket raffles and a presentation by Mount Sinai South Nassau.

### Westbury Senior Center



There was a full agenda at the recent site-council meeting. They recapped past events, discussed future programs, fundraisers, and more.

### Point Lookout Senior Center



BINGOCIZE, which combines BINGO and exercise, was a big hit at Point Lookout Senior Center!

### Bethpage Senior Center



The Sagamore Pioneer Club—New Vision Pioneers meets at the Bethpage Senior Center monthly. They recently made 48 personal care kits for Lutheran World Relief.

### Herricks Senior Center

Pre-dental students from Adelphi University Hosted an informative presentation and provided free dental screenings.



### Participant Spotlight

Rosa Lobos has been enjoying the Senior Center for close to 20 years. She began at the Pt. Washington Senior Center and when the Center relocated to Roslyn, she continued to attend. Rosa is bilingual and always willing to help with conversation and welcoming new participants. The Center celebrated Rosa's 90th birthday with a party and citation. Happy Birthday, Rosa and thank you for all the love, joy and support you bring to the Roslyn Senior Center!



### West Hempstead Senior Center



Participants created festive Easter bonnets at their Easter Spring Celebration!

## Senior Centers Happenings

### Congratulations Rosella!



The Office for the Aging team threw a surprise Wedding Shower complete with homemade cakes, bruschetta, and a “dress & veil” made from toilet paper.

### Stroke Awareness Workshops



May is recognized as Stroke Awareness Month, a time to raise awareness about strokes, the signs, and prevention. Each year millions of people are affected by strokes, and Stroke Awareness Month empowers us to act towards better brain health and stroke prevention.

On April 22, the Westbury Senior Center hosted a Stroke Awareness workshop for their participants. Stroke Program Manager, Denise Grueneberg, MSN, RN, SCRNP from NYU Langone Health discussed the signs of a stroke, risk factors, prevention, and more.

Below are future Stroke Awareness workshops at Nassau County Senior Centers:

- |                |   |                     |
|----------------|---|---------------------|
| <b>May 8</b>   | <b>Oceanside Senior Center</b>                  | <b>516-764-9792</b> |
| <b>11-12pm</b> |   |                     |
| <b>June 4</b>  | <b>Freeport Senior Center at Bethel AME</b>     | <b>516-377-4469</b> |
| <b>11-12pm</b> |   |                     |
| <b>June 11</b> | <b>Freeport Senior Center at Salvation Army</b> | <b>516-623-2008</b> |
| <b>11-12pm</b> |   |                     |
| <b>July 16</b> | <b>West Hempstead Senior Center</b>             | <b>516-733-7051</b> |
| <b>11-12pm</b> |   |                     |
| <b>July 23</b> | <b>Point Lookout Senior Center</b>              | <b>516-432-5555</b> |
| <b>11-12pm</b> |   |                     |

**Please call the Senior Center to confirm date/time and to RSVP. More workshops are being planned in the future. Call NY Connects at 516-227-8900 with any questions.**

### Oyster Bay Senior Center



Participants celebrated Easter with a delicious luncheon accompanied by an egg hunt and then they colored eggs to take home.



Alain Decoster, retired chef hailing from Belgium provided a chocolate truffle demonstration for the monthly Foodie Group.

## Milestone Birthday Celebrations!

### Happy 100th Birthday Oscar!!



Oscar celebrated his 100th Birthday with family and friends who came from all over the country. He was celebrated as a man of faith and a role model to many. He is pictured with his daughter, Nilisa and other family members.

### Wantagh Senior Center Birthdays



Happy 90th Birthday Joan and Happy 85th Birthday Barbara!

### Happy 89th Birthday, Rene!

Kathy from the Office for the Aging presented Rene with a citation at her celebration!



### Happy 100th Birthday Rachel!

Deputy Commissioner Debbie Pugliese presented Rachel with a 100th birthday citation at her party surrounded by her children, grandchildren, and great grandchildren.



### Happy 90th Birthday Joan!



Rosella from the Office for the Aging presented Joan with a citation for her 90th Birthday!

### Happy 96th Birthday Trinidad Shirley!

Trinidad Shirley celebrated her special birthday with her daughter Pam and animatronic cat named Sophie!



**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.**

