

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

## July 2026

### America's 250th Anniversary

On July 4, 2026, the United States will hit its most significant milestone yet: it's 250th birthday! Known as the Semiquincentennial, this historic quarter-millennium mark honors the day 56 brave delegates signed the Declaration of Independence in 1776 sparking a bold political journey that transformed global democracy.

Celebrations have already begun. On May 21st, Nassau County Executive Bruce Blakeman joined local officials, veterans, historians, and first responders to commemorate the 250th anniversary by honoring the founding of U.S. Naval Aviation at Peacock Point.



The event focused on the history surrounding "The Millionaire's Unit," a group of young Yale students who founded the U.S. Naval Aviation Reserves in Nassau County and became the first aviation unit to enter World War I from America. County Executive Blakeman highlighted Nassau County's place in U.S. history and spoke about the values Americans should be proud of as we celebrate our nation's 250th anniversary.

In addition to covering the history of aviation in Nassau County, the event also featured two live demonstrations. The proceedings began with a ceremonial flyover of a U.S. Navy T-45 Goshawk advanced jet trainer, operated by pilots of Training Squadron NINE "Tigers" of the Naval Air Station Meridian, Mississippi. A second flyover featuring a Nassau County Police Department helicopter concluded the ceremony. Other celebrations include:



**July 2, 5:30 pm—Celebrate America Fireworks & Show** at Eisenhower Park, Field 6.

**July 3, 11:00 am—Lunch and Learn: History of Long Island.** Bethpage Senior Center. Call 516-227-8900 to RSVP.

**July 5 & July 6, 10am to 3 pm—FourLeaf Air Show at Jones Beach.** Text 'Airshow' to 516-842-4400 for more information.

**July 12, 1:30 pm—American Trivia,** Bethpage Senior Center, Call 516-227-8900 to RSVP

**Through July 12—250 Years of Art on Long Island** at the Nassau County Museum of Art.

**July 31, 11:00 am—Apple Crisp Cooking Demo & Samples.** Bethpage Community Center, Call 516-227-8900

**Library Events**— From food and films to lectures and performances Scan the QR code for event catalog or visit:

<https://america250.nassaulibrary.org/>





## Tips for Packing Healthy Picnic Meals

*Whether you're hosting outdoors or taking a meal to the park, here's how to pack nutritious meals for on-the-go this summer season!*

Eating healthy in the summer is all about focusing on fresh, seasonal produce wherever you can, emphasizing lean proteins and prioritizing hydration! Additionally, practicing proper food safety habits when bringing food outdoors should also be prioritized. Here are some tips for packing healthy picnic meals:

### 1. If you plan on bringing food outdoors, here are some healthy meal and snack ideas to include:

- a. **Vegetable kabobs**: make with summer squash or zucchini, bell peppers and mushrooms. Pair with your favorite salsa, pesto, or hummus spread!
- b. **Sliced fruit**: pack hydrating fruits like melon, strawberries, peaches and pineapple to create a colorful fruit salad! You can also season with lime juice, lime zest and/or cinnamon.
- c. **Choose a whole grain**: Cook whole wheat penne or farro for a pasta salad or grain bowl! You can add your favorite proteins such as chicken, lean beef, or beans.

2. **Stay hydrated** by having everyone carry their own reusable insulated water bottles. Bring a large jug of iced water or unsweetened tea as refills.

### 3. Pack any food and/or drinks in insulated bags to help keep foods cool.

According to USDA food safety and inspection service, perishable foods should be thrown out if left out for more than 2 hours (and 1 hour if outdoor temperatures are higher than 90 F).

## Discover Live Visits Ghana, Africa



The Joysetta & Julius Pearse African American Museum of Nassau County recently hosted a Discover Live trip to the capital city of Accra. Attendees learned about Ghanaian culture, its history and vibrant present while also visiting palaces, beaches and local markets. Guests also enjoyed refreshments and a tour of the museum.

## Senior Financial Counseling



The Nassau County Office for the Aging, through a partnership with Family & Children's Association, offers Senior Financial Counseling. They offer assistance with scams, finding a system for paying bills, concerns about bankruptcy, and more.

Financial consultants will provide:

- ◇ **Financial paper management**—help with organizing bills and financial paperwork.
- ◇ **Financial Exploitation assistance**—spot red flags and crack cases of fraud.
- ◇ **Reverse mortgage counseling**—this service may be crucial to helping you keep your home.
- ◇ **HEAP**—Home Energy Assistance Program—You may be eligible for home heating assistance. Call 516-227-8937

**Call 516-485-3425 for more information or to get started.**

## Senior Center Open House July 28th

Join your local senior center Open House for lunch and activities. Senior Centers offer new friendships, cultural events, fitness classes, art classes, and more. Find out why your local senior center is a vibrant and welcoming place. All Nassau County residents, age 60 and above are welcome to participate. For a center near you, call NY Connects at 516-227-8900

## July is UV Awareness Month



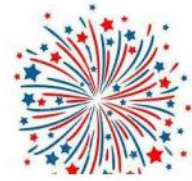
Summer is finally here! A time for barbecues, swimming, and fun outdoor activities. It is also a time to protect ourselves from the sun's powerful ultraviolet (UV) rays. UV is the root cause of most skin cancers. By incorporating a few simple habits, you can significantly reduce your risk.

- **Seek shade:** Try to limit your direct exposure to the sun between 10 am and 4 pm.
- **Wear protective clothing:** long-sleeved shirts, pants, sun-protective clothing, UV-blocking sunglasses, and a wide-brimmed hat.
- **Apply sunscreen generously:** choose a broad-spectrum, water resistant sunscreen with SPF of 30 or higher. Apply it 15 minutes before going outside and reapply every two hours. Be sure to apply sunscreen to your feet if they are exposed.
- **Be mindful of reflections:** Sand, water, and snow can reflect UV rays, increasing your exposure. Take precautions in these environments

By taking these simple steps, you can enjoy the beautiful summer months while safeguarding your long-term health and well-being.



# July Word Search



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

FIREWORKS

AMERICA

HAMMOCK

APPLE PIE

EAGLE

FLIP FLOPS

WATERMELON

FLAG

FOURTH OF JULY

HAMBURGER

VETERANS

LIBERTY

BONFIRE

PATRIOTIC

ANTHEM

POOL PARTY

FREEDOM

PARADE

PICNIC

SERVICE

To join Office for the Aging's email distribution list please email us at:

[seniors@hhsnassaucountyny.us](mailto:seniors@hhsnassaucountyny.us)

## Veterans Spotlight



May 24th marked a historic milestone as Nassau County Executive Bruce Blakeman honored U.S. Army Veteran Command Sergeant Major James A. Hodges Sr. on his 98th birthday alongside the inaugural, official Day of Recognition in Nassau County.

“This honorary day is a testament to a lifetime of dedicated service, leadership, and resilience.” Blakeman said.

Command Sergeant Major James A. Hodges, Sr. was born in Tifton, Georgia on May 24, 1928. He was the 7th child of 12. James went on to join the military by the time he was 16 years old, only to find out that he was too young to have enlisted.

Shortly after, he proceeded to enlist in the United States Army where he was active in three wars: World War II, the Korean War, and the Vietnam War.

James retired from the United States Army having attained the rank of Command Sergeant Major after serving 40 years and 9 months. James continues to serve. He is presently involved in community activities including the 55 Mansfield Avenue Community Center and the Mount Sinai Baptist Church in Roosevelt. James married Eura Lee Davis in 1851 and they had three children. They were married for 56 years.

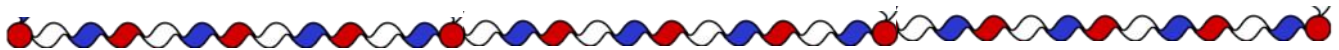
Command Sergeant Major James A. Hodges, Sr. has treasured his ability to help others and continues to strive to bring positive community enhancement to make a better place for all.



The Nassau County Office for the Aging hosts two Senior Veterans' Luncheons monthly, to honor our brave Veterans, the second Friday of each month. For reservations call:

Lynbrook 516-227-8900

Bethpage 516-571-9910



### Senior Summer Concerts

The noontime concert series is in full swing! Join us every Wednesday at Eisenhower Park, Field 1, entrance on Merrick Ave. (weather permitting, call 516-572-0200 for more info) for a great show. Bring a chair and dance the afternoon away!

#### **July schedule:**

**Wednesdays, 12:00 pm to 2:00 pm:**



July 1 Louis Del Prete      July 15 Dominick Paradise

July 8 Eddie Sessa      July 22 Dennis Dell

#### **Thursday, July 9th at 7:00 pm, Field 6, Lakeside Theatre:**

Doo Wop Night: Johnny Farina, E'stefano DiSanto, Bobby Wilson, The Brooklyn Bridge

#### **Monday, July 20th at 6:00 pm, Field 6, Lakeside Theatre:**

The Chiclettes and Vinnie Medugno

### Senior Day at Floral Park Library



On June 6th, Girl Scout Troop 1289 held a Senior Day on the Floral Park Library lawn. This special day was the final step in earning their Bronze Award, the highest achievement for Junior Scouts. There was free food, raffles, arts and crafts, and gardening projects. Seniors also learned about Nassau County resources and supports available from the Office for the Aging.

## July Recipe

Office for the Aging Nutritionist, Rosella Gigliotti shared this easy and nutritious recipe; feel free to add pasta for a hardier meal.

### **Escarole and Beans**



#### **Ingredients:**

- 2 large heads of escarole
- 2 15-oz cans cannellini beans, rinsed and drained
- 3 large garlic slivered or crushed
- 3 – 4 tablespoons extra virgin olive oil (approx.)
- Salt – to taste
- Red pepper flakes – to taste

#### **Instructions**

1. Cut and soak the escarole and then rinse thoroughly. Boil it for about 7 – 10 minutes in a large pot of salted water. Remove from heat. Drain and reserve cooking water; set aside.
2. Sauté garlic and olive oil on medium heat for one minute. Add the remaining ingredients.
3. Continue to cook about 10-15 minutes, mixing gently with a wooden spoon. The beans will break down a bit and turn creamy. If the ingredients are drying up too quickly, lower the heat and add some of the reserved liquid.

Remove from heat and season with additional salt and red pepper flakes as desired. Plate and serve with crusty Italian bread.

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



**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.**

## Juneteenth Celebration



Destini from the Office for the Aging shared resources and information at the Black Family Health Expo at Eisenhower Park. She is joined by Nassau County Comptroller Elaine Phillips, Town of North Hempstead Supervisor Jennifer DeSena and the Office of Minority Affairs.

## Dietary Guidelines Presentation at West Hempstead Senior Center



On June 3rd, Office for the Aging Nutritionist, Rosella presented on the new dietary guidelines for Americans. More are planned for July:

**July 10th at 12:30 pm, Hempstead Senior Center**

**July 17th at 12:30 pm, Oceanside Senior Center**

**July 27th at 1:00 pm, Glen Cove Senior Center**

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

## English Classes at Rockville Centre Senior Center at Hispanic Brotherhood



Participants started ESL (English as a second language) sessions this month led by Office for the Aging interns; Scarlet and Durjan. The first two classes were a huge success!

Both the Hempstead and RVC locations will continue this program once a week throughout the summer. Thank you Scarlet and Durjan!

## Senior Centers Happenings...

### West Hempstead Senior Center



Nassau County Comptroller Elaine Phillips taught participants valuable skills and techniques to enhance personal safety.

### Wantagh Senior Center



More than 80 participants attended a picnic at Wantagh Park. They enjoyed corn hole, egg races, and flying chicken!

### Bethpage Senior Center



Guests moved and grooved at Zumba!

### Herricks Senior Center



Participants enjoyed an intergenerational workshop with the Searingtown School Human Relations Club.

### Freeport Senior Center at Salvation Army



On June 11, CN Guidance and Counseling Services in coordination with Family & Children's Association trained participants in how to administer Narcan and learned how to prevent an opioid overdose.

### Oyster Bay Senior Center



Participants enjoyed their annual Father's Day luncheon with games and a visit from the ice cream truck!

## Milestone Birthday Celebrations!

### Happy 100th Birthday, Mary!



The Office for Aging Deputy Commissioner Debbie Pugliese presented Mary with a citation for her 100th Birthday. She had a lovely party with her family!

### Happy 95th Birthday, Jerry!



Lisa Pagliaro, Site Manager at the Wantagh Senior Center presented Jerry with a citation for his 95th birthday!

### Happy 101st Birthday, Sybil!

Samantha from the Office for Aging presented Sybil with a birthday citation at her party where she and her friends danced the night away!



HAPPY  
BIRTHDAY

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.

### Happy 95th Birthday, Margie!



Margie celebrated her special birthday with friends at the Wantagh Senior Center!

Scan here to  
visit our  
website

