



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

August 2026

Nassau County Celebrates Big!

Nassau County older adults really know how to celebrate! From parks to museums, senior centers and more, county residents sported their patriotic apparel and big smiles for 250th birthday festivities!

The Office for the Aging was proud to attend the 250th celebration at Five Towns Nursing complete with singing and dancing!



Participants at Wantagh Senior Center enjoyed a 4th of July barbeque with music and dancing and all veterans received a tee shirt to honor their service.

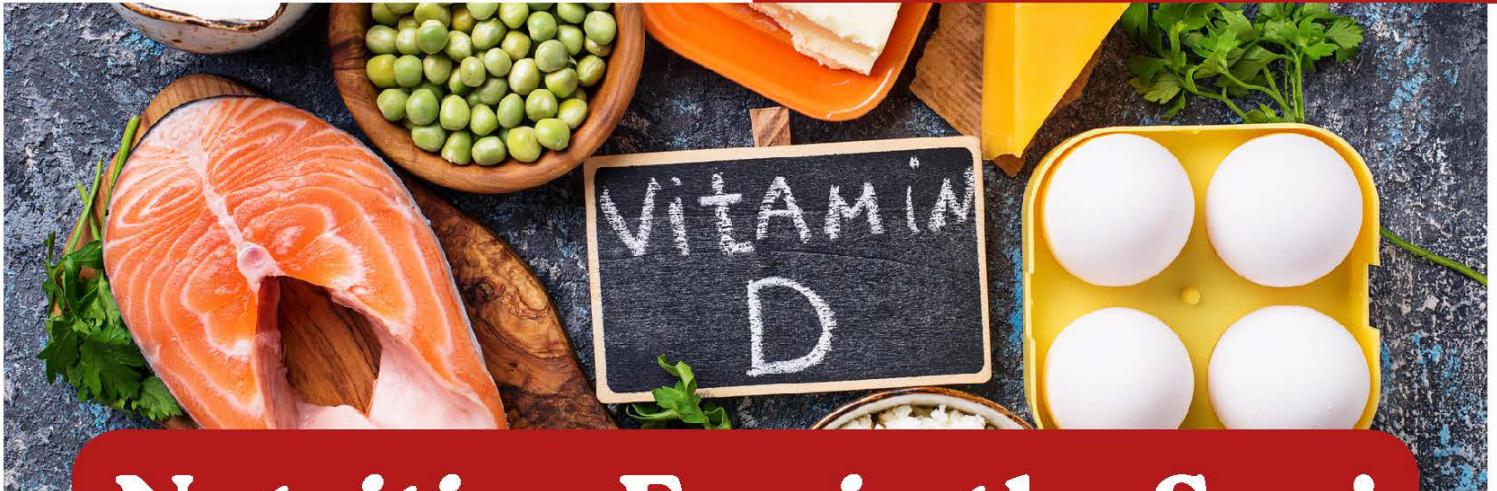


Participants at Oceanside Senior Center (pictured left and below) had a wonderful time at their 4th of July celebration!



Katrina O'Brien, Roslyn Senior Center's new Administrative Support Specialist enjoyed the celebration with Roberta, a member since 2013!





Nutrition Fun in the Sun!

Vitamin D, also known as calciferol, is a fat-soluble vitamin that can not only be received from sunlight, but also absorbed from certain foods! It's also often added to foods as a fortified nutrient and is available as a dietary supplement.

Vitamin D helps to promote calcium absorption in our bodies, which supports bone health! It is also involved with reducing inflammation and facilitating other metabolic processes such as cell growth, immune function and glucose metabolism.

Is there a difference between vitamin D2 or D3? Yes! Vitamin D2 and D3 differ slightly in their chemical structure; additionally, D2 comes from plant sources while D3 comes from animal sources (which makes it more potent of a supplement).

Here are some foods that can be rich in vitamin D!



salmon



mackerel



egg yolks



mushrooms



tuna



sardines



beef liver



fortified foods

August Recipe

Office for the Aging Nutritionist, Rosella Gigliotti shared this nutritious recipe that was recently served at several senior centers. The feedback was very positive!

Quinoa Chicken

Ingredients:

- 2 cups chicken broth
- 1 cup quinoa
- 2 teaspoons vegetable oil
- ½ onion, chopped
- 2 cloves garlic, or to taste, minced
- 1 ½ pounds cubed chicken
- 1 ½ (10 ounce) can diced tomatoes
- 1 Tortilla or serve on a plate



Instructions:

1. Gather all ingredients.
2. Bring chicken broth and quinoa to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 15 to 20 minutes.
3. Meanwhile, heat vegetable oil in a large skillet over medium-high heat. Sauté onion and garlic in hot oil until onion is translucent, about 5 minutes.
4. Add cubed chicken; cook for about 5 to 7 minutes.
5. Stir cooked quinoa and diced tomatoes into chicken mixture; bring to a simmer and cook long enough for flavors to meld, about 10 minutes more.

***Serve on a tortilla or
straight on your plate!***



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



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

2026 SUMMER SERIES

NOONTIME CONCERTS

WEDNESDAYS, 12:00 PM
EISENHOWER PARK, Field #1

AUGUST

Aug. 6.....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.....The Tercels

AFTERNOON CONCERT

EISENHOWER PARK
LAKESIDE THEATRE, Field #6

MONDAY, AUGUST 10th 6:00PM

**Gerry Ferretti & the Mutant Kings
and Jenna Esposito**

*All events weather permitting.
Call 516-572-0200 for up-to-date information.
Free Admission / Bring Blankets & Chairs.*

**Nassau County Office for the Aging
(516) 227-8900**

**Nassaucountyny.gov/Aging
Seniors@hhsnassaucountyny.us**





August Word Jumble



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

Heat
Sunshine
Lake
Festivals
Tropical
Sunburn
Road trip
Cold drink
Picnic
School

Park
Garden
Firefly
Ice cream
Hammock
Camping
Swimming
Fishing
Heatwave
Leo

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

Thank you OFA Interns!

You have seen our Office for the Aging interns out and about. Whether they are assisting at events or helping in the office, these high school and college interns always show up with a positive attitude and are ready to pitch in!

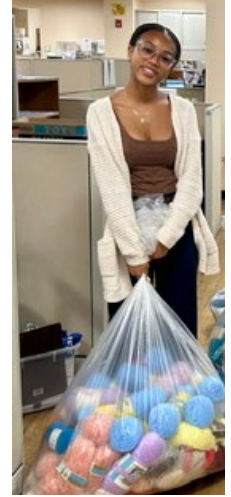
Every summer, interns come to us from both the County Executive Internship Program and the Nassau County Office of Youth Services. We are grateful for our dedicated students!



Cierra checking in guests at the Senior Veterans' Luncheon in Lynbrook



Scarlet and Durjan serving at Lunch & Learn in Bethpage



Maya sorting a large yarn donation



Sunny and Emma assisting in the office

THANK YOU!

Free Health Screenings

**Friday, August 28, 2026
9:30 am to 1:30 pm**



Hempstead Senior Center at Union Baptist Church

**24 Rev. Clinton C. Boone Place
Hempstead, NY 11550**

RSVP by August 21st at 516-565-1568

Catholic Health Hospital Outreach will provide blood pressure screening, medication review, fall risk assessment, body mass index (BMI), health education, referrals, and resources for those without insurance.

Puzzles & Potatoes



On July 21, guests at the Bethpage Senior Center enjoyed a mashed potato bar while working together to build puzzles. If you missed it, we have many events coming up in Bethpage:

- **August 7, 11:00am**, Lunch & Learn about diagnostic testing
- **August 11, 1:30pm**, Crafting
- **August 19, 2:30pm**, Pop Culture Trivia
- **August 20, 2pm**, Managing Positive Mental health

**Call NY Connects for more information
and to register at 516-227-8900**

The Nassau County Veterans Service Agency (VSA) serves Veterans as an advocate for compensation, pension, education and training, vocational rehabilitation, and additional benefits for survivors, burial, and hospital care. The agency provides free transportation for Veterans to either the Veterans Administration (VA) Hospital in Northport or the VA health clinic in East Meadow. The program is staffed by volunteers, who assist the veterans in getting the health care they require. For more information call the VSA at 516-572-6565.

On July 10th, the Office for the Aging hosted their monthly veterans' Luncheons in both Lynbrook and in Bethpage. The Lynbrook event began with the *POW/MIA Missing Man Table* ceremony led by Eric Spinner (left) and Dominick Palestino (right).



The Missing Man ceremony is a solemn military tradition honoring prisoners of war and those missing in action.

The event was followed by a presentation by Michael Kilano of Paws of War, an organization that provides service dogs and training to veterans and first responders.

**The next Senior Veterans' Luncheon is
Friday, August 14th. For reservations call:
Lynbrook 516-227-8900
Bethpage 516-571-9910**



Guests at the Senior Veterans' Luncheon in Lynbrook

New 9/11 Fire Service Memorial



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

ELAINE PHILLIPS
NASSAU COUNTY COMPTROLLER

NASSAU COUNTY
VETERANS SERVICE AGENCY

STEVE RHOADS
NEW YORK STATE SENATOR

Nassau County Executive Bruce Blakeman, Nassau County Comptroller Elaine Phillips,
New York State Senator Steve Rhoads and the Nassau County Veterans Service Agency present

VETERANS VALOR FOOD DRIVE & WALK

HONOR THOSE WHO SERVED WHILE HELPING VETERANS IN NEED

Join us for a 1/2-mile community walk around Salisbury Lake and help support
local veterans through a food drive benefiting the Vet Mart Pantry in East Meadow.

- ★ 9:00am Check-in & Food Drive donation collection
- ★ 9:30am Opening Ceremony
- ★ 10:00am Walk Begins at the Veterans Memorial Tower
- ★ 11:00am Light Refreshments for Registered Participants

- *Pre-registration is encouraged*
- *Scan the QR code to register*
- *Entry fee: 1 non-perishable food item per participant*



SATURDAY, AUGUST 8, 2026 | 9:00AM



EISENHOWER PARK

Veteran's Memorial Tower | Parking Field #6

Can't Participate in the Walk?

*Food donations are welcome and will
be accepted throughout the event.*

COME OUT AND SUPPORT OUR VETERANS!



On Thursday, July 9, Nassau County officials, firefighters, and community leaders broke ground on a new September 11th memorial at Eisenhower Park. The memorial will serve as a lasting tribute for families, firefighters, and the community.

49 names of Nassau County volunteer firefighters will be added to the wall, 19 died on September 11th and 30 since then from 9/11 related illness with the number growing. The new memorial is expected to be completed in September, just ahead of the 25th anniversary of the attacks.

Senior Centers Happenings...

EAC Senior Centers



Participants from North Merrick and Hempstead Senior Centers head to Lido Beach for Fun in the Sun!



North Merrick Senior Center celebrates the Knicks!



Point Lookout Senior Center



Special thanks to center volunteers for "wrapping and rapping" plasticware for lunch!

Great Neck Senior Center

Participants rehearse for an upcoming performance for Mrs. Li's dance class.



Freeport Senior Center at Bethel AME



Participants knitted and crocheted beautiful pieces from donated yarn.

Westbury Senior Center



Participants enjoyed Celebration Day complete with birthday cake, entertainment with Barbara Harris, and dancing!

Wantagh Senior Center



On July 21st, Service Immersion Camp students from Kellenberg High School visited Wantagh Senior Center to interview seniors, serve lunch, and call BINGO. Everyone enjoyed the day!

Milestone Birthday Celebrations!

Happy 100th Birthday, Mary and Albert!



Twin siblings, Mary and Albert each received a citation from Legislator Tom McKeivitt, Department of Human Services Commissioner Jill D. Nevin, and OFA Deputy Commissioner Debbie Pugliese. Albert served in the U.S. Army and worked in human resources at the Pentagon. Mary was the first Black employee at Lord & Taylor and was featured in "Look" magazine. *The chances of fraternal twins reaching 100 is 1 in 375 million!*

Happy 95th Birthday, Pietrina!



On July 1st, Mark from the Bethpage Senior Community Center presented Pietrina with a citation at her birthday celebration!

Happy 98th Birthday, Louise!



Louise celebrated her special birthday at a party with family, friends and her animatronic cat. Happy birthday, Louise!

Happy 100th Birthday, Grace!



Grace celebrated her 100th birthday with a Porch Party surrounded by friends, relatives and her great granddaughters.

Happy 89th Birthday, Althea!



Rosella from the Office for the Aging presented Althea with a citation at the Silver Bells birthday celebration at Trinity - St. John's Church!

Interested in a presentation from the Nassau County Office for the Aging?



Call (516) 227-8900 to schedule

**Scan here to
visit our
website**

