



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

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DEPUTY COMMISSIONER

September 2026

Happiness in the Golden Years

There is a widespread, persistent myth that youth holds a monopoly of happiness. We often picture people in their twenties and thirties at their peak of happiness, but the research on life after 60 is telling a different story.

In a recent lifestyle article posted on ScandinavianStandard.com, seniors that pursue happiness as the goal – chasing purpose hunting passion and bucket lists – are less happy. Those who value happiness most reported less satisfaction, worse wellbeing, and more depression.



The happiest group of seniors aren't working at happiness as a project or something to achieve. These genuinely happy adults didn't find a better strategy for pursuing it, they resigned from it altogether. Doing things for their own sake instead of as means to feeling happier. Taking a walk because it's morning and not because it's on wellbeing plan.

Coffee that's just coffee. Appreciating an ordinary, good moment. Letting a day be sufficient without inspecting it at the end of the day.

According to the article, none of this is limited to being 60, this resignation is good at any age.

Enjoyable Events this Fall:

Walking Club – Enjoy an autumn walk Thursdays from 9:30 am to 10:30 am from September 3rd to October 29th at Eisenhower Park, Field 5, For more details and to RSVP call 516-227-8900.

Senior Summer Concerts – There is still time to enjoy noontime concerts at Eisenhower Park Field 1 (off Merrick Rd.). Concerts are Wednesdays at 12:00 pm until September 23rd. Bring a chair! See page 3 for schedule.



Crafting – Explore your creative side with a fun craft project in a friendly atmosphere. Projects vary each month. The next workshops are September 8th and October 13th at 1:30 pm. To RSVP call 516-571-9910





Nutrition for Eye Health

Making sure we have the proper nutrition to support our eye health is important for supporting our overall wellness! A balanced diet rich in certain vitamins and antioxidants can help to protect vision, prevent cataracts and reduce the risk of age-related macular degeneration. As a general rule of thumb, “eating the rainbow” is a good place to start! Having a colorful variety of nutrient-dense foods provides a different variety of the micronutrients you need for eye health support. Some of the foods associated with protecting your eye health include (but are not limited to):

Vitamin A



cantaloupe



carrots



red peppers

Vitamin C



broccoli



oranges

Vitamin E



almonds



avocadoes

Lutein & Zeaxanthin



kale



collard greens



egg yolks

Omega-3 Fatty Acids



salmon



flaxseed oil

Zinc



red meat



pepitas

Interview on WCBS-TV



Jennifer Bisram, Reporter from WCBS-TV recently interviewed Dorothy "Dot" for their monthly caregiving segment focusing on artificial intelligence and robotic companions. It was so exciting to have the reporter and camera crew at her house.

The goal of the caregiving companion program is "not to replace family or friends but to fill the hours between visits, phone calls and family gatherings."

Dot is 97 years old and she enjoys her animatronic dog, Buttons, "who is a good furry friend." He responds to touch, wags his tail and gently barks.

Animatronic Pets are intended for homebound, older adults or those with cognitive impairment. These furry-friends provide a sense of comfort, companionship, and interaction.

Congratulations Dot, you're a natural!
Watch the entire interview here:

Watch the entire interview here:
<https://www.youtube.com/watch?v=ph-Ey2Rh49A>

Lunch & Learn



John O'Hare, Office for Aging staff Melissa Whidden, Mark Turan

At the August 7th, Lunch & Learn, John O'Hare, Director of Imaging Services at Northwell's Plainview and Syosset Hospital Interventional Radiology and Nuclear Medicine addressed a packed audience.

The presentation included an explanation of diagnostic tests including, CT Scans, Ultrasounds, MRIs and more.

To Join our email list and receive flyers regarding our upcoming programs and events; call NY Connects at 516-227-8900.



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

2026 SUMMER SERIES

NOONTIME CONCERTS

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

SEPTEMBER

Sept. 2.....Bob Damato

Sept. 9.....Louis Del Prete

Sept. 16.....The Clusters

Sept. 23.....The Tercels

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](https://nassaucountyny.gov/Aging)
Seniors@hhsnassaucountyny.us



September Word Search



S M B G T T B L P W V D B K M G
T N R O C A Z T L P R B Z M Y B
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Labor Day
Breeze
Harvest
Orchard
Fall
Leaves
Equinox
School
Foliage
Grandparents

Heroes
Acorn
Rake
Football
Book
Backpack
Orange
Sweater
Cider
Maze

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

Veterans Spotlight

On August 6th, NYS Assemblyman Ed Ra hosted the 14th Annual Veterans Picnic at the VFW Post 2718 in Franklin Square to thank local Veterans for the service. There was plenty of food, fun, and fellowship!



Young marines along with Ralph Esposito, Assemblyman Ed Ra, Town of Hempstead Supervisor John Ferretti, and Deputy Commissioner Debbie Pugliese

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



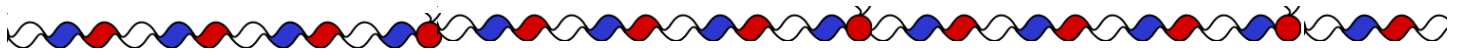
Lynbrook 516-227-8900
Bethpage 516-571-9910



On August 15th, NYS Assemblyman Michael Durso hosted the 5th Annual Veterans' Pancake Breakfast & Resource Fair at the American Legion Post 1066 in Massapequa. Pictured above are Councilman Tom Hand, Councilwoman Laura Maier, Legislator James Kennedy, Assemblyman Michael Durso, Veteran, Office for the Aging Deputy Commissioner Debbie Pugliese, Assemblyman John Mikulin, Veteran Peter Gong.



The **Nassau County Veterans Service Agency** will host a free BBQ Picnic and Resource Fair for all Nassau County Veterans on September 17th from 11:30 am to 2:00 pm at Eisenhower Park, RSVP by September 14th at 516-572-0564.



Medicare Open Enrollment Starts October 15th

Medicare is a federal health insurance program designed to help people age 65 and older, as well as younger individuals with disabilities or specific medical conditions. For many Americans, Medicare provides important coverage for doctor visits, hospital stays, preventive care, and prescription medications.

Choosing Medicare coverage is an important decision because plans, costs, doctors, and covered services can vary. People should carefully review their options and understand premiums, deductibles, copayments, and maximum out-of-pocket expenses. It is also important to enroll on time to avoid possible late penalties or gaps in coverage.

Overall, Medicare plays a major role in helping millions of Americans access health care. Understanding how the different parts of

Medicare work can help individuals choose coverage that best meets their medical and financial needs.

Open enrollment starts **October 15th and lasts until December 7th** each year. During this time, current Medicare beneficiaries can review, change or cancel Medicare Advantage plans and prescription drug plans. All changes will take effect January 1, 2027.

HIICAP (Health Insurance Information, Counseling, and Assistance Program) offers free, unbiased and confidential guidance on Medicare, Medigaps (supplements) and Medicare Advantage plans, and related health coverage options.

**Nassau County offers a FREE
HIICAP Hotline (516) 485-3754.**

September Recipe

Office for the Aging Nutritionist, Rosella Gigliotti shared this recipe from Brooklyn Kitchen. It is a wholesome take on a classic dessert!

Apple Crisp with Oat Crumble (Serves 6-8)



Ingredients:

- 6 medium apples, peeled, cored, and sliced, or canned sliced apples
- ¼ cup granulated sugar
- 2 tablespoons brown sugar
- 1 tablespoon lemon juice
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 tablespoon cornstarch

For the Oat Crumble:

- ¾ cup old-fashioned oats
- ¾ cup all-purpose flour
- ½ cup brown sugar
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ½ cup unsalted butter or canola oil

Directions:

1. Preheat oven to 350° and lightly grease an 8 x 8 inch baking dish.
2. In a large bowl, toss the apples with granulated sugar, brown sugar, lemon juice, cinnamon, nutmeg, and cornstarch. Spread evenly in the baking dish.
3. In a separate bowl, mix the oats, flour, brown sugar, cinnamon, and salt. Stir in the melted butter or canola oil.
4. Sprinkle the oat crumble evenly over the apples.
5. Bake for 45-45 minutes, until the top is golden brown and the apples are bubbling.
6. Cool slightly before serving.

Best enjoyed warm!



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

National Yoga Month



September marks the arrival of National Yoga Month, a federally designated observance dedicated to raising awareness about the benefits of yoga and inspiring a healthy lifestyle.

Yoga is a holistic practice that integrates physical postures, breath control, and meditation. Decades of research show that regular practice provides profound benefits of both body and mind including:

- Reducing stress and anxiety
- Improves flexibility and balance
- Enhances cardiovascular health
- Boosts mental clarity and focus
- Relieves chronic pain.

Yoga is offered at most Nassau County operated senior centers. For the September senior center schedules visit:

www.nassaucountyny.gov/1438/Aging

On the left side click "Senior Centers" and then once you have Senior Centers on your screen, the list of calendars will be on the right side of the screen. Then click the calendar you want to see.

You can also call the Office for the Aging at 516-227-8900 and a representative would be happy to check the schedule or mail you a copy.



Senior Centers Happenings...

Roslyn Senior Center



Participants moved to the beat with cardio drumming led by Theresa!

Point Lookout Senior Center



The newly formed Book Club has become a huge success!

Hempstead Senior Center



Participants celebrate Jamaica Independence Day with traditional food and desserts

Bethpage Senior Center

Our wonderful interns mixed "mocktails" at Sip & Socialize!



West Hempstead Senior Center



Participants attended a Fall Prevention Workshop with Jean Simon, DPT of St. Joseph Hospital, part of the Catholic Health network. They learned practical strategies to help reduce the risk of falls and injuries.

Oyster Bay Senior Center



Performers sang oldies at the Oyster Bay Music Festival!

Wantagh Senior Center



Participants enjoyed the day at the Lido Beach Summer Program, always a popular outing!

Freeport Senior Center at Salvation Army



It was a fun Summer picnic at Waterfront Park in Freeport

Milestone Birthday Celebrations!

Deputy County Executive Health and Human Services Anissa D. Moore, Nassau County Comptroller Elaine Phillips, and Deputy Commissioner, Office for Aging Debbie Pugliese celebrated three birthdays in August at the Old Bethpage Restoration Barn.



Sylvia's 102nd Birthday!



William's 100th birthday!



Esperanza's 100th birthday!

**HAPPY
BIRTHDAY!**

Happy 95th Birthday, Katherine!



Katherine received a birthday citation from Assemblyman Jake Blumencranz at her family birthday celebration.

Happy 95th Birthday, Andrew!



Andrew celebrated his 95th birthday with Deputy Commissioner, Office for Aging Debbie Pugliese along with Leg. Kayla Knight and Shannon Fredericks from Assemblyman Dave McDonough's office.

Scan here to
visit our
website



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

Call 516-227-8900
to schedule

