



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

## October 2026

### Fire Prevention Week

The theme for Fire Prevention Week™ (FPW™), October 4–10, 2026, is “Charge into Fire Safety™: Safe Charging Is a Superpower.” This year’s theme focuses on everyday charging habits that can help reduce the risk of lithium-ion battery fires and keep homes and communities safer.

Many devices used in our daily lives - phones, tablets, laptops, tools, toys, e-bikes, and scooters—run on rechargeable lithium-ion batteries, which store a lot of energy in a small space. If they are damaged or charged the wrong way, they can overheat, start a fire, or even explode.

The way you charge your lithium-ion battery devices can make a difference in helping prevent home fires:

- Don’t take chances with a cheap charger.
- Charge large items (e-bikes, power tools) outside when possible. Do not block exits when charging.
- Unplug your device when it is fully charged.

- Stop using your device if it feels hot, starts to swell, smells strange, leaks, smokes or starts to make popping or hissing sounds.
- Charge on a hard, flat surface like a table, desk, or bare floor.
- When on a plane, keep devices where you can see them while charging.

Nassau County Executive Bruce Blakeman met with our 10 new Fire Marshals.

“Congratulations to Nassau County’s 10 newest Fire Marshals on completing this rigorous training and answering the call to serve. Our Fire Marshals have an enormous responsibility, from investigating fires and hazardous materials to inspecting buildings and implementing fire safety plans. Their work is critical to protecting the lives and property of our 1.5 million residents. I know they will carry out their duties with strength, fairness and professionalism as they help keep Nassau County safe.” said County Executive Bruce A. Blakeman.





## Read the Label!

Reading the Nutrition Facts label is important for maintaining our health! It gives the facts to make smart, healthy choices about the foods we eat. By reading the label, we are able to:

- **Reveal hidden ingredients:** The ingredients list tells us exactly what's in our food, including any salts, fats, and sugars that may be hidden from the product's packaging.
- **Guide daily goals:** The Percent Daily Value (% DV) can tell you if a food is high or low in a specific nutrient. Anything **< 5%** is low in the nutrient. Anything **> 20%** is high in the nutrient.
- **Clarify portion sizes:** The serving size on a nutrition label tells you the true serving size, so you are able to compare it to your own portion size! Sometimes, your portion size may be smaller, larger, or equal to the portion size - it's up to what you decide at meal time! However, knowing the serving size gives you a baseline amount of how many calories and nutrients you are actually eating.

To build a healthy diet pattern, you can use the food label to figure out which **nutrients to limit** and which **nutrients you want to increase** to promote overall wellness.

### Nutrients to Limit

Choose items that have **< 5% DV** in this nutrient

Saturated Fats  
Trans Fats  
Sodium  
Added Sugars

| Nutrition Facts               |               |
|-------------------------------|---------------|
| 8 servings per container      |               |
| Serving size                  | 2/3 cup (55g) |
| Amount per serving            |               |
| <b>Calories</b>               | <b>230</b>    |
| % Daily Value*                |               |
| <b>Total Fat</b> 8g           | <b>10%</b>    |
| Saturated Fat 1g              | <b>5%</b>     |
| Trans Fat 0g                  | <b>0%</b>     |
| <b>Sodium</b> 160mg           | <b>7%</b>     |
| <b>Total Carbohydrate</b> 37g | <b>13%</b>    |
| Dietary Fiber 4g              | <b>14%</b>    |
| Total Sugars 12g              |               |
| Includes 10g Added Sugars     | <b>20%</b>    |
| <b>Protein</b> 3g             |               |
| Vitamin D 2mcg                | 10%           |
| Calcium 260mg                 | 20%           |
| Iron 8mg                      | 45%           |
| Potassium 240mg               | 6%            |

### Nutrients to Increase

Choose items that have **> 20% DV** in this nutrient

Fiber  
Vitamin D  
Calcium  
Iron  
Potassium

## Calle Panakos Presents on Positive Mental Health



Calle Panakos, MSHS from the Nassau County Department of Human Services recently presented two programs on managing positive mental health. Two senior centers, Bethpage Senior Center and West Hempstead Senior Center hosted, “Small Actions create a Big Impact: Managing Positive Mental Health.” Participants learned about risk factors that can impact mental health later in life as well as protective factors that foster resilience, well-being, and much more.

Stay tuned for additional mental health workshops being planned in the coming months.

**If you or someone you know is experiencing stress, anxiety, fear, depression, loneliness or substance use, the Behavioral Health Helpline can help 24/7.**

**Call 516-227-TALK (8255).**



### Office for the Aging Public Hearing

Nassau County Office for the Aging is hosting the Annual Public Hearing on Friday, November 20th at 10:00 am at the Theodore Roosevelt Executive and Legislative Building, 1550 Franklin Avenue, Mineola. Those who wish to speak should call to RSVP and provide written testimony to our office no later than November 12th. Any accommodations may be requested by calling or emailing the Office for the Aging at (516) 227-8900 or via email at:

seniors@hhsnassaucountyny.us

**Interested in a presentation from the  
Nassau County Office for the Aging?  
Call 516-227-8900 to schedule**

## Ombuds Day October 8



Celebrated globally on the second Thursday of October, Ombuds Day raises awareness of the ombuds profession and recognizes the immense value it brings to institutions.

The Nassau County Office for the Aging would like to recognize our Long -Term Care Ombudsman team at the Family & Children's Association for the advocacy and resources they provide to residents of long-term care facilities such as nursing homes, adult facilities, and rehabilitations centers.

Ombudsmen help residents and their families understand and exercise their rights to quality care and quality of life. The program advocates for residents by receiving, investigating, and working to resolve complaints made by or on behalf of residents. They respond to issues regarding:

- Residents' rights
- Environmental concerns
- Discharge
- Personal care concerns
- Quality of life issues

All matters shared with Ombudsman staff or volunteers are kept confidential unless permission is granted to share with others.

**For more information, or to be a  
volunteer, contact the Family &  
Children's Association Nassau County  
Ombudsman Team at 516-466-9718 or  
[www.FCALI.org](http://www.FCALI.org)**

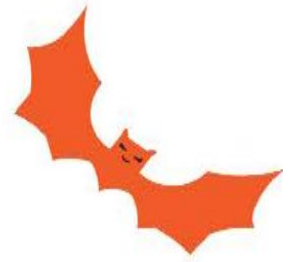
1. Click “Get Help”
2. Click “Senior & Adult Services
3. Click “Nursing Home Advocacy”



**Office of the State  
Long Term Care  
Ombudsman**



# OCTOBER WORD SEARCH



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

Halloween  
Corn Maze  
Feast  
Harvest  
Libra  
Reap  
Lantern  
Columbus Day  
Spiderweb  
Haunted

Apple Cider  
Trick or Treat  
Spooky  
Marshmallow  
Rake  
Scarecrow  
Creepy  
Spider  
Pumpkin  
Candy Corn

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

## Veterans Spotlight



**Dominick Critelli, County Executive  
Bruce Blakeman, Nassau County  
Comptroller Elaine Phillips.**

On September 8th, County Executive Bruce Blakeman along with local officials, Veterans, and guests honored 105-year-old, Dominick Critelli, a decorated Army staff sergeant during a special concert at Lynbrook Restorative Therapy and Nursing.



Office for the Aging held its monthly Senior Veteran's Luncheon in both Lynbrook and Bethpage. Lynbrook guests welcomed Deputy Commissioner Debbie Pugliese and Comptroller Elaine Phillips.

**Guest speaker  
Andrea Nordquist  
from Blue Star  
Mothers of America  
and Office for Aging  
staff member,  
Marilyn Pignataro.**



The next Senior Veterans' Luncheon is Friday, October 9th. For reservations call:  
Lynbrook 516-227-8900  
Bethpage 516-571-9910

The **Nassau County Veterans Service Agency** will host a free Veterans Benefits and Information Seminar on Thursday, October 29<sup>th</sup> from 10:00 am to 12:00 pm at the  
American Legion Post 1066  
66 Veterans Blvd., Massapequa  
For more information, call 516-572-6565.

## Keep the Heat on with HEAP

The Home Energy Assistance Program (HEAP) is an income-eligible program that helps New Yorkers pay for their energy bills.

If your bills are more than you can handle, HEAP may be able to help heat and cool your home. Below are key dates for the 2026-2027 season:

- HEAP opens on November 2<sup>nd</sup>
- Clean and tune opens on October 1<sup>st</sup>
- Heating Equipment Repair or Replacement (HERR) opens on October 1<sup>st</sup>
- Emergency HEAP benefit opens on January 4<sup>th</sup>
- Cooling benefit opens in the spring

2026-2027 Income guidelines:

| Household Size | Maximum Gross Monthly Income |
|----------------|------------------------------|
| 1              | \$3,563                      |
| 2              | \$4,659                      |
| 3              | \$5,756                      |

**For more information  
or to apply,  
call Family &  
Children's  
Association  
at 516-227-7386.**

## NEW Walking Club!

We had a great crowd for our first Walking Club at Eisenhower Park. Rosella, from the Office for Aging, led the first walk themed "Walk, Talk, and Nourish." She covered several topics including hydration, reading body signals, and heart health. Every week an expert will join us to discuss important topics including mental health, exercise, and more.

Walking Club is every Thursday, through October 29th, at Eisenhower Park Field # 5. There is no need to RSVP, just show up!

**Walking & talking at  
the first Walking Club  
on September 3<sup>rd</sup>.**



**Leg. Tom McKeivitt  
joined walkers on  
September 10<sup>th</sup>.**

## October Recipe

Office for the Aging Nutritionist, Rosella Gigliotti, shared this delicious autumn dessert.

### **Pumpkin Yogurt Parfait (makes 2 parfaits)**



**Nutrition highlights:**  
Protein-rich, calcium-rich,  
and spiced for fall.

#### **Ingredients:**

- 1 cup plain Greek yogurt
- ½ cup pumpkin puree (100% pumpkin)
- 1 tsp maple syrup or honey
- Cinnamon and nutmeg to taste
- 2 tbsp chopped pecans or granola
- Blueberries or cranberries (optional)

#### **Directions:**

1. Stir pumpkin, syrup or honey, and spices into yogurt.
2. Layer in a glass with berries and pecans or nutmeg.
3. Chill 10 minutes and enjoy.



**Have you made one of our recipes?  
To be included in the next newsletter,  
send your selfie to:**

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



## Happy 60<sup>th</sup> Birthday, Debbie!



Happy birthday to Deputy Commissioner Debbie Pugliese who recently joined the Older Adult Club! She is pictured completing her first application for a Senior ID Card. Thank you Debbie for all you do for the Office for Aging and for older adults in Nassau County!

## PSEG Household Assistance

Energy bills can be a significant household expense and sometimes it is a struggle to keep up. See below for several PSEG programs that can help:

- **Household Assistance Program** – for customers participating in Medicaid, HEAP, Federal Lifeline Program, SNAP and more. Call 631-755-3407.
- **Residential Energy Affordability Partnership REAP** – Income eligible customers can receive a free home energy survey. Call 800-263-6786
- **Peace of Mind Program** Customers/ immediate family who are hospitalized can receive a 30-day due date extension. Call 800-490-0025 to learn more or apply.

If you are not sure what program is right for you, contact the **PSEG Consumer Advocate team** at 631-755-3407 for customized recommendations and support.



## Luau Luncheon



Bethpage Senior Center recently hosted a Luau Luncheon. Guests brought their tropical vibes and danced the day away. Lunch caterer Greg Jansen, from Brooklyn Kitchen, also joined the fun with Debbie Pugliese and Office for Aging Nutritionist Rosella.

## Senior Centers Happenings...

### Rockville Centre Senior Center



Rockville Center Senior Center at Hispanic Brotherhood enjoyed an End-of-Summer party with a DJ, dancing and raffles!

### Oceanside Senior Center



A good time was had at the Town of Hempstead Senior Summer Beach Program at the Sands at Lido Beach!

### Great Neck Senior Center



Chinese orchestra is rehearsing for upcoming performances.

### Oyster Bay Senior Center



Participants enjoyed "Move to the Beat with Gina" which incorporates exercise and classical old-school music!

### West Hempstead Senior Center



"Aloha" from the recent Luau celebration!

### Freeport Senior Center at Salvation Army



A great time was had by all at the Caribbean Carnival!

### Hempstead Senior Center



Participants celebrate Grandparents Day!

## Milestone Birthday Celebrations!

Nassau County Comptroller Elaine Phillips and Deputy Commissioner Debbie Pugliese presented two birthday citations at Senior Birthday Party at the Bethpage Barn!



**Happy 103<sup>rd</sup> Birthday, Dorothy!**



**Happy 100<sup>th</sup> Birthday, Jean!**

**Happy 96<sup>th</sup> Birthday, Marian!**



Mirian smiles big with her birthday citation!

**Happy 90<sup>th</sup> Birthday, Angela Rosa!**



Friends and family celebrated Angela Rosa's birthday!

**Happy 100<sup>th</sup> Birthday, Jean!**



Jean celebrated at a party with family and friends!

**Happy 100<sup>th</sup> Birthday, Dominick!**



Dominick and Dorothy have been married for 75 years!

**Happy 80<sup>th</sup> Birthday, Joan!**



Joan celebrated at a party with family and friends!

**Oyster Bay Senior Center**



Oyster Bay Senior Center celebrated four special birthdays!