



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

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November 2026



Beyond the Thanksgiving Table: Cultivating True Gratefulness This November



When November arrives, our thoughts naturally turn to family, traditions, and the upcoming holiday season. The word "gratitude" seems to appear everywhere this time of year, but true gratefulness is far more than a seasonal trend. It is a powerful practice that keeps our minds sharp, our hearts resilient, and our spirits bright.

As the autumn air crisps and the days grow shorter, November offers us a beautiful reminder to slow down, look back on our journey, and find deep contentment in the present moment.

Psychologists and medical researchers have found that practicing gratitude isn't just a pleasant philosophy—it has measurable benefits for our physical and mental health, especially as we age.

- ❖ **Boosts Emotional Resilience:** Focusing on the good things in our lives lowers stress hormones and helps reduce feelings of anxiety or loneliness.
- ❖ **Improves Physical Comfort:** Seniors who regularly practice gratitude report fewer aches and pains, experience better sleep quality, and even have stronger immune systems.
- ❖ **Trains the Brain:** Cultivating gratefulness acts like a workout for the mind, training us to notice life's daily blessings rather than its frustrations.

The Nassau County Office for the Aging is grateful to our seniors for all they have done to build this county. We are also grateful to our Veterans for their service to our country. We are happy to be able to provide senior centers as a place of gathering, connection, and friendship!

Several participants shared:

"We have made wonderful, lifelong friends at the Veterans' Luncheon in Lynbrook. Everyone here is friendly and cordial. It's the best thing that has happened for my husband. The comradery amongst the Veterans is extraordinary!"

-Jo Jo from Lynbrook

"I am so grateful and privileged to have the opportunity to be a member of the North Merrick Senior Center. Every day the center offers lunch and different activities. It is a pleasure to come and spend the day at the center. The staff is wonderful!"

-Gloria from Merrick

"There is a saying...if you want to go fast...go alone. If you want to go far, go with others. The Westbury Senior Center is a star symbol and example of how collectively we forge forward—staff and member together in peace, joy, hope, and love!"

-Mabel Jo from Westbury



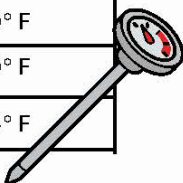


Keep Your Food Safe!

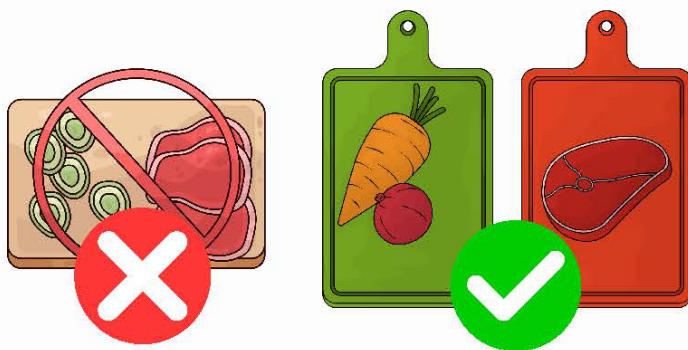
Choosing the right foods is an important first step towards good health, but how you handle, prepare and store food is just as important! If not handled properly, food can potentially become contaminated with harmful bacteria and lead to foodborne illness. Therefore, practicing proper food safety habits can help reduce this risk. Here are four simple steps to help keep your food safe:

1. **Cook:** Cooking foods to their recommended minimum internal temperature destroys any harmful bacteria. You can use a food thermometer to make sure foods are properly cooked! See below for a reference of optimal cooking temperatures for meats:

Whole cuts of meat	145° F
Seafood	145° F
Ground meat	160° F
Eggs	160° F
Poultry	165° F



2. **Separate:** Raw foods should be kept separate from ready-to-eat foods. To ensure there is no cross-contamination, utilize different cutting boards, plates and utensils for raw foods and prepared foods. For example, separate cutting boards should be used for raw chicken and raw fruit.



3. **Clean:** Wash your hands with soap and water for at least 20 seconds before and after handling or preparing food, after using the bathroom, and after handling pets. It's also important to regularly clean and sanitize countertops, cutting boards, utensils and other cooking surfaces.

4. **Chill:** Make sure to refrigerate perishable foods within two hours of cooking or purchasing. If outdoor or room temperature is above 90°F, refrigerate within one hour. For maintenance, keep your refrigerator at 40°F to keep food at a safe temperature and delay the growth of bacteria.

Honoring Unsung Heroes During National Family Caregivers Month

Every day across the United States, an invisible army of compassionate individuals step up to care for aging parents, spouses facing illnesses, and children with disabilities. They don't wear a uniform or get time off. It is one of the most demanding roles a person can undertake with nearly one in four adults providing ongoing care to a loved one.

Stepping into a caregiver role often happens overnight. While caregiving is deeply rooted in love, the constant physical and emotional demands take a heavy toll with neglecting oneself and caregiver burnout.

November marks the annual observance of National Family Caregivers Month to highlight the challenges caregivers face, advocate for stronger public policy, and provide support.

The Nassau County Office for the Aging offers assistance to caregivers:

- **National Family Caregiver Support Program** assists informal (unpaid) caregivers so they can carry out their caregiving responsibilities. This begins with an assessment of the caregiver by a Case Manager who develops a support plan which may include respite care, training, and support groups. For more information, please call NY Connects at 516-227-8900.
- **Memory Café** is a free monthly social engagement program that offers a fun and comfortable way for people with early-stage Alzheimer's disease/dementia and their caregiver to get out and connect over lunch. The next luncheon is on November 20th. To RSVP, call NY Connects at 516-227-8900.
- **Trualta** is an evidence-based online platform that provides caregivers with an online community, education, support groups, and more. Please visit: www.newyork-caregivers.com

The Nassau County Office for the Aging is committed to supporting caregivers and their families. If you or someone you know is caring for a Nassau County resident, age 60 or above, call NY Connects at 516-227-8900.

Medicare Open Enrollment

Health Insurance Information Counseling and Assistance Program (HIICAP) is your trusted place for help during Medicare Open Enrollment. HIICAP provides free, objective, and confidential guidance on Medicare, Medigaps (supplements), Medicare Advantage plans, and related health coverage options. Open enrollment started on October 15th and lasts until December 7th. During this time, current Medicare beneficiaries can review, change, or cancel Medicare Advantage plans and prescription drug plans. All changes take effect January 1, 2027.

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

Welcome to Office for the Aging's Newest Staff Member, Karaline!



Office for the Aging is thrilled to welcome Karaline to our staff. Karaline was a former intern and recently graduated from Bloomsburg University with a Bachelors Degree in American Sign Language/English Interpreting. She jumped right in and represented Office for the Aging at the Mill Neck Manor School for the Deaf Apple Festival. She communicated the resources and supports available to older adults using American Sign Language. Be on the lookout for future workshops that will be translated in ASL by Karaline!



November Word Search



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

Thanksgiving

Autumn

Harvest

Turkey

Pilgrim

Gratitude

Pumpkin

Cornucopia

Feast

Leaves

Veteran

Scarecrow

Cider

Football

Acorn

Chilly

Gravy

Family

Cranberry

November

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

seniors@hhsnassaucountyny.us

Veterans Spotlight

It was a very exciting day at the October Veteran's Luncheon in Lynbrook where Corporal David Marshall received a surprise birthday citation from staff member Marilyn Pignataro. David recently turned 102 years old. Fellow Veterans, friends, and admirers sang "Happy Birthday" and passed around his book, "My First 101 Years." Happy 102nd birthday, Corporal!



The Nassau County Office for the Aging hosts two Senior Veterans' Luncheons monthly, to honor our brave Veterans. The next Veteran's Luncheon is on Friday, November 13th.

For details and reservations call:

Lynbrook 516-227-8900

Bethpage 516-571-9910



Corporal David Marshall and fellow Veterans at the Veteran's Luncheon in Lynbrook.

Veteran's Stand Down

The Nassau County Veterans Service Agency will hold the Veterans Winter Stand Down to help and assist local veterans in-need.

Tuesday, November 24th, 9:00 AM - 1:00 PM

Freeport Armory

63 Babylon Tpke., Freeport, NY 11520



Great to see familiar faces at the Veterans BBQ Picnic at Eisenhower Park!



November Recipe



Office for the Aging Nutritionist, Rosella Gigliotti, shared this delicious recipe that can be made with leftover turkey. Use low-sodium broth and season with herbs instead of salt.

Turkey Noodle Soup **Servings: 3**

Ingredients:

- 1 cup cooked ground turkey (or leftover turkey meat)
- 1 cup cooked pasta (small shapes like orecchiette)
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup chopped onion
- 2 cups low-sodium chicken broth
- 1 tbsp olive oil
- Salt & pepper to taste

Directions:

1. Sauté onion, carrots, celery in olive oil until softened.
2. Add turkey; cook 5 min.
3. Stir in pasta and broth; simmer 10–12 min until pasta is tender.
4. Season and divide into 3 portions.

Serve & Enjoy!

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



Senior Centers Happenings...

Poison Prevention In the Home



Join Eduardo Torres from the NYC Poison Center to learn ways to poison-proof your home including:

- Safe storage & safe use of cleaning products
- Strategies for medicine management
- Carbon monoxide poisoning prevention
- Information provided in English & Spanish

November 18th at 11:00 am

**Freeport Senior Center
at Salvation Army**

66 Church Street
Freeport, NY 11520

**RSVP by Nov. 16 to 516-623-2008
to attend presentation.**

***Lunch is served at 12:00pm. To join
us for lunch, please let us know.**

Hempstead Senior Center



Site manager, Olga along with Martha and Dolcie enjoy their Ageless Elegance Hat Fashion Show!

Rockville Centre Senior Center at Hispanic Brotherhood



The Hispanic Heritage Celebration was a beautiful day celebrating culture, traditions, and Hispanic pride! Participants enjoyed delicious food, contests and a traditional costume competition.

Hewlett Senior Center at New Horizons



Participants enjoyed sparkling cider while learning the basics of poker during the Poker 101 class. Special thanks to Tina, who generously volunteers her time to teach and share her love of the game.



Staff Education Instructor Val Griffiths from Mount Sinai South Nassau provided a hands-on life saving lecture. Participants learned hands-only CPR, abdominal thrusts for choking, and how to use an AED devise. They also had the opportunity to practice on training mannequins.

Senior Centers Happenings...

West Hempstead Senior Center



Participants donned poodle skirts and saddle shoes for their 50's party!

Herricks Senior Center



Participants love to dance to the live music!

Wantagh Senior Center

Participants enjoyed Oktoberfest with pretzels, apple cider, non-alcoholic beer. They also played trivia and learned how to yodel!



Great Neck Senior Center



The Chinese chorus sings loud and proud!

Oyster Bay Senior Center



Participants caught some 'keepers' on their summer fishing trip out of Captree State Park.

Westbury Senior Center



Remembrance celebration in memory of dear friend, long-time participant, and life-of-the-party, Frances Casola.

Freeport Senior Center at Salvation Army



Molloy University Nursing Students and center participants all dressed up for their Renaissance Faire! They enjoyed a jousting tournament, games and prizes!

Milestone Birthday Celebrations!

Happy 100th Birthday, Reba!



Nassau County Comptroller Elaine Philips presented Reba with a birthday citation at the Senior Birthday Party at the Old Bethpage Village Restoration Barn.

Happy 100th Birthday, Millie!



Millie received a special birthday citation and animatronic cat!

Happy 80th Birthday, Gloria!



Melissa from the Office for Aging presented Gloria with a birthday citation.

Rebuilding Together Long Island



Deputy Commissioner Debbie Pugliese visited the Rebuilding Together Long Island table at the Veterans BBQ Picnic and Resource Fair at Eisenhower Park this past September.

Rebuilding Together Long Island is a not-for-profit organization that provides free home safety repairs and accessibility modifications to income-qualified Long Island homeowners; helping seniors, Veterans, and families remain safe and independent in their homes.

Typical projects include:

- Ramps, grab bars, and handrails
- Tub to step-in shower conversion
- Basic plumbing and electrical repairs
- Weatherproofing

For more information or to apply for repairs visit www.rebuildingtogetherli.org or call 631-777-7894.

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

Call 516-227-8900 to schedule



Scan here to visit our website

