



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

May 2022

DEBBIE PUGLIESE
DEPUTY COMMISSIONER

Nassau County Celebrates Older Americans Month

May is Older Americans Month. Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more.

This year Nassau County Office for the Aging is looking forward to celebrating Older Americans Month with our 46th Annual Older Americans Month Conference & Luncheon on Thursday, May 19, 2022 at the Long Island Marriott in Uniondale. There will be three workshops; *Scam Prevention, Gardening and Nutrition, and Healthy Brain and Body*. The keynote speaker this year is Emmy Award-Winning actress Susan Lucci, and County Executive Bruce Blakeman will present the 2022 Senior Ambassador of the Year Awards.



AGE MY WAY: MAY 2022

Month 2022 is *Age My Way*.

This year's theme focuses on how older adults can age in their communities, while living independently for as long as possible and participating in ways they choose.



Age My Way will look different for each person, here are common things everyone can consider:

Age my way!

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

For more information about the Office for the Aging's 46th Annual Older Americans Month Conference & Luncheon call (516) 227-8900.

For the Love of the Game

On May 9th, Nassau County Legislator Steven D. Rhoads threw out the ceremonial first pitch at Cantiague Park to open the season for the highly competitive guys, and two gals of the New York Senior Softball Association. With players in uniform and ASA umpires behind the plate, the league, team managers and players are looking forward to an exciting 2022 season!



Legislator Steven D. Rhoads



With a minimum age of 68, the members of the New York Senior Softball Association was formally incorporated with the State of New York on October 25, 2016.

Members of varying ages and abilities take the field Monday and Wednesday mornings from May through September at Wantagh and Cantiague Parks respectively. You'll even catch them playing double headers! The league is comprised of a Commissioner, Executive Board members and eight teams, each with a manager, assistant manager, and roster of fourteen players.

If you're interested in joining the league next season, application and waiver forms are due at the end of January and can be found here: <http://www.newyorkseniorsoftball.com/2021-player-application-waiver-release.shtml>



Bernie Rosen, Legislator Rhoads, Deputy Commissioner of Parks Frank Alagia, Department of Humans Services Commissioner Jill Nevin, Deputy Commissioner Debbie Pugliese, and New York Senior Softball Association Julius Balstieri

Mental Health Awareness Month

Mental Health Awareness Month was first celebrated in 1949. It was commemorated by the Mental Health America organization, which was then known as the National Committee for Mental Hygiene and then later as the National Mental Health Association before it got its current name.

At least one in four older adults experiences some mental disorder, such as depression, anxiety, or dementia. Depression is the most common mental health problem in older people.



It's just as important for an older person with symptoms of depression to

seek treatment as it is for someone younger. The impact of depression on health in older adults can be severe: much research has reported that depression is associated with worse health in people with conditions like heart disease, diabetes, and stroke.

Recognizing the signs and seeing a health practitioner is the first step to getting treatment, which can make a real difference in someone's quality of life. **The Behavioral Help Line** is 516-227-TALK (8255) a 24/7 hotline that is operated by Nassau County Dept. of Human Services. They help connect children and adults to mental health services.



Research also suggests that seniors benefit from supportive social connections and close personal relationships. Older people are encouraged to actively participate in their communities and in society at large, while policymakers should ensure that seniors' mental health concerns are addressed in national health planning and policies.

Nassau County's Senior Community Service Centers provide a social environment along with a nutritious meal for residents 60 and older. This is just one way Office for the Aging assists in supporting mental wellness for residents. Check out our locations on <https://www.nassaucountyny.gov/1438/Aging>

Produce Storage: Back to the Basics

Storing our fruits and vegetables properly can help us to reduce food waste and save us time and money at the grocery store. By ensuring maximum freshness, proper storage can help our produce taste better and last longer.

We can also use trapped ethylene to our advantage! Quickly ripen a peach by placing it in a closed paper bag with a ripe banana.

Some produce, including cucumbers and grapes, should be stored in the refrigerator while others, including bananas and tomatoes, are cold

sensitive and should be stored at room temperature to maintain optimal taste and texture. Certain fruits, such as avocados and stone fruits like peaches or plums, are best at room temperature. However, once ripened, you can extend their shelf-life by a few extra days by storing them in the fridge.

GAS RELEASING

Apples
Apricots
Avocados
Bananas, unripe
Cantaloupe
Figs
Honeydew
Kiwi
Nectarines
Peaches
Plums

GAS SENSITIVE

Bananas, ripe
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Cucumbers
Eggplant
Peppers
Squash
Sweet Potatoes
Watermelon



Never refrigerate potatoes, onions, garlic, or hard squashes! If kept in a cool, dry, dark cabinet, they can last up to a month

or more. Store them separately so the smells and flavors do not affect each other. Wait to wash berries until you want to eat them to prevent mold. Some produce releases high levels of ethylene gas. This ripening agent will speed the decay of ethylene-sensitive food. So make sure you are not storing incompatible fruits and veggies together.

Click here for a searchable food-storage database. [fhttps://www.foodsafety.gov/keep-food-safe/foodkeeper-app](https://www.foodsafety.gov/keep-food-safe/foodkeeper-app)

Remember to practice proper food storage and safety with **all** foods!

- Canned goods can last 2 or more years but can be damaged by temperatures above 100°F.
- Avoid cross contamination! Thoroughly wash cutting boards with soap and water between handling raw meat and produce – or use separate cutting boards.
- Defrost foods in the refrigerator in advance – not on the counter overnight.
- Cook foods until they reach the minimum internal temperature!

Nassau County Senior Centers also offer nutrition education workshops. For additional information please contact NY Connects at (516) 227-8900 or visit nassaucountyny.gov/Aging to find a center near you.



Cornell University
Cooperative Extension
Nassau County

Spotlight on Veteran's Services: Food Pantry

The Veterans Services Agency food pantry was established in March of 2016 to assist veterans and their families in need. The pantry has

served over 3,000 veterans and their families. The food pantry is open Monday to Friday from 9:00 a.m. to noon and includes perishable, non-perishable foods, and toiletries. Proof of veteran status is required. If you are interested in donating to the Veterans Services Agency Food Pantry, please contact the agency directly. If veterans need transportation to the VSA they may call for assistance at (516) 572-6565.

**Nassau County
Veterans Service Agency**
2201 Hempstead Turnpike
Building "Q"
East Meadow, NY 11554
Main Phone: (516) 572-6565
Transportation (516) 572-6529
Hours: Monday to Friday
8 a.m. to 5 p.m.



A Memorial Day celebration is planned for Sunday, May 29, 2022, at Eisenhower Park at the Veteran's Memorial at 10:00 am.

Ruth Diamond Borger
Celebrated her 100th Birthday
on April 28!
At the Atria Cutter Mill



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

seniors@hsnassaucountyny.us

May is...

World Password Day

Established in 2013, on the first Thursday in May, World Password Day promotes better password habits. Passwords are critical gatekeepers to our digital identities, allowing us to access online shopping, dating, banking, social media, private work, and life communications.

National Pet Month



A time to celebrate and raise awareness of responsible pet ownership and all of the benefits that our pets bring to our lives.



Hempstead SCSC Seniors playing dominos.
George Kelly, John Easter, Oswald Barnes and
Chambers Lanchman



Herricks SCSC
Jewelry Making Class



Bethpage Senior Center
St. Pius X Seniors Party



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NASSAU COUNTY EXECUTIVE

EXPANDED ELIGIBILITY FOR HEAP COOLING ASSISTANCE

Applications are being accepted starting today for the newly expanded Home Energy Assistance Program (HEAP) cooling component, which helps low-income New Yorkers who lack air conditioning in the summer months.



Changes to expand eligibility. Prior to this year, the cooling component of HEAP was only available to income-eligible households with an individual suffering from a documented medical condition exacerbated by extreme heat. Now, all income-eligible New Yorkers could qualify.

Applications for cooling assistance will be accepted at local departments of social services starting Monday, May 2 and extending through August 31, or until funding runs out. Assistance is provided on a first-come, first-served basis.

**Applicants age 60 and older should
call 516-227-7386 or apply by mail**

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