



COUNTY EXECUTIVE **BRUCE A. BLAKEMAN** PRESENTS

# NASSAU NEWS

FROM THE DEPARTMENT OF HUMAN SERVICES

## OFFICE FOR THE AGING

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**JILL D. NEVIN**  
COMMISSIONER

# June 2023

**DEBBIE PUGLIESE**  
DEPUTY COMMISSIONER

### Celebration of Older Americans Month

This year Nassau County Office for the Aging celebrated Older Americans Month with the 47<sup>th</sup> Annual Older Americans Month Conference & Luncheon on Wednesday, May 17, 2023, at the Long Island Marriott in Uniondale. This year's theme, *Ageing Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

Older Adults and Aging Services Providers enjoyed a vendor fair and three workshops; *Ways to Reduce Your Medicare Costs* presented by the Family & Children's Association, *Planting a Salsa Garden* hosted by Cornell Cooperative Extension of Nassau County, and *Train Your Brain: A Discussion of Warning Signs, Dementia and Brain Health* hosted by Long Island Alzheimer's and Dementia Center. There was a delicious lunch in the Grand Ballroom with 380 people in attendance!

Speakers included County Executive Bruce A. Blakeman and Health and Human Service Commissioner Jill D. Nevin. The keynote address was given by Emmy Award-Winning News 12 anchor, reporter, host and producer of The East End Show, Doug Geed. 2023 Senior Ambassadors of the Year were honored. It was a wonderful day to celebrate all the Older Americans in Nassau County!



## 2023 Senior Ambassadors of the Year

### Clementine Bianco



Clementine Bianco, 88, a Bethpage resident for 62 years dedicates much of her time to her family and community. She has been married for 67 years and has 2 children and is the proud grandmother of 5 grandchildren. She owned and operated a deli with her family for 15 years.

Some of her volunteer efforts include: NUMC for 34 years and continuing, St. Martin's Pantry for 5 years, donating food and other needed items, Girl Scout and Cub Scout leader, President of Nassau County 4H, Sunday School teacher, and Director and President of the Bethpage Senior Citizen's group for 5 years.

Clementine took over as president of Bethpage Seniors so it could stay open and running. Her caring and nurturing demeanor is appreciated by those who are lucky to know her. She is always planning parties and surprises for the Seniors. Clementine continues to give back to her community and we are extremely grateful.

### Angelo Caputo



Angelo Caputo was born in Brooklyn, NY. He has resided in Valley Stream for 50 years. He served his country in the US Army from 1966-1970. Once back home, earned his Master's Degree in Business Administration from Pace University. Angelo was employed by Deutsche Bank, National Westminster Bank, and Israel Discount Bank.

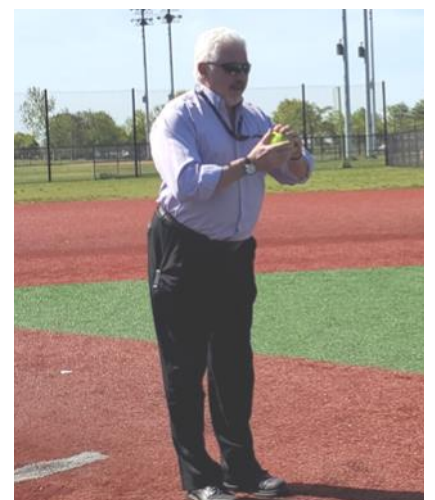
Angelo married his best friend, Cathy in 1971, they have 3 children and 5 grandchildren. Angelo remains very active in his church and was previously involved in the Pre Cana program. A accident left him paralyzed from the waist down, but after 16 years of hard rehabilitation he was able to walk short distances, he continues his volunteer work for the Long Island Society of Italian Americans (LISIA) as Anti-Defamation Chairman. Angelo is a role model for the LISIA membership, the Knights of Columbus, as well as his family. He has spent his entire life serving others between his service to his country, his local church, and fraternal societies to make a difference in the world around him.

### Senior Softball League



New York Senior Softball Association (NYSSA) is a softball league with members aged 68 and older. With varying abilities. Teams take the field Monday and Wednesday mornings from May through September at Wantagh and Cantiague Parks. You'll even catch them playing double headers! The league is comprised of a Commissioner, Executive Board members and teams, each with a

manager, assistant manager, and roster of fourteen players. NYSSA held its *Opening Day* at Wantagh Park on Monday May 8, 2023. Dave Franklin, Deputy Commissioner of the Department of Parks, Recreation and Museums, threw out the first pitch! There are currently 9 teams in the league. For more information email [ifo@newyorkseniorsoftball.com](mailto:ifo@newyorkseniorsoftball.com).



# Food Safety Practices

June 2023

## Introduction

Food poisoning describes any disease or illness that results from eating contaminated food. Foods can be contaminated by bacteria, viruses, parasites, allergens, toxins, molds or other substances. The U.S Federal government estimates 48 million cases of foodborne illnesses every year (that's 1 in 6 Americans annually).

Food poisoning symptoms can vary by severity depending on the type of contaminant that has affected the individual. Some common examples include the following:

Common Symptoms	Potential Long-Term Effects
Upset stomach, stomach cramps, nausea, vomiting, diarrhea, fever, dehydration	Kidney failure, chronic arthritis, brain and nerve damage, death

Certain individuals may be more prone to getting foodborne illnesses and severe symptoms. Thus, these at-risk populations would benefit most from making safer conscious choices to reduce risk of symptoms. Such population groups include:

- Pregnant women
- Children younger than 5 years
- Adults age 65 years and older
- Individuals with weakened immune systems due to illness or medical treatments

Foods can be contaminated at any point in the food production chain. It's important to follow appropriate food safety practices to reduce risk of food poisoning. These 4 steps are cleaning, separating, cooking and chilling.

<https://www.foodsafety.gov/food-poisoning>

<https://www.foodsafety.gov/people-at-risk>

<https://www.cdc.gov/foodsafety/production-chain.html>

<https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety>



## Food Safety Practices

- 1. Clean:** Thoroughly wash hands, wrists and fingernails with hot water and soap for at least 20 seconds. Always wash hands before and after handling uncooked meat, poultry, seafood, flour and eggs.
- 2. Separate:** Avoid cross contamination with fruits, vegetables, and raw meats. Use separate cutting boards for fruits/vegetables and meats. When storing foods, place raw meat in a sealed container or plastic bags to prevent meat juices from dripping on other food.
- 3. Cooking:** Bacteria thrives on the temperature danger zone (40 – 140 F). Foods should be cooked to their minimum internal temperature for safe food consumption. Some examples include:
  - **Beef, lamb, pork veal:** 145 F
  - **Chicken:** 165 F
  - **Leftovers:** 165 F
- 4. Chill:** Foods must be chilled at under 40 F in refrigerator and 0 F in freezer to minimize bacterial growth. If thawing foods, use microwave or leave meats 1-2 days in refrigerator. Refrigerate prepared foods within 2 hours.



Cornell University  
Cooperative Extension  
Nassau County

## Respite Care Relief at Eisenhower Park



Nassau County Executive Bruce Blakeman joined with the Alzheimer's Foundation of America at Eisenhower Park in East Meadow to cut the ribbon on the county's first Respite Care Relief Park for families affected by dementia-related illnesses.

This facility which is located near Parking Field 6 overlooks the Harry Chapin Lakeside Theatre and includes a gazebo, benches, landscaping and a walkway. The gazebo is surrounded by placards detailing facts about Alzheimer's, tips for caregivers and activities for those struggling with the disease, including memory games and the use of familiar songs, stories and childhood comfort items.

## Westbury Senior Center Spring Bazaar



The Spring Bazaar was held on Saturday, April 29<sup>th</sup>. Donations were given by members, staff, and local residents; and refreshments were available. Members and staff worked

hard weeks prior to this event organizing and pricing all items to make this happen. All proceeds from the Bazaar went to the Westbury Senior Center.

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

## Veterans Spotlight

June is National Post-Traumatic Stress Disorder Awareness Month and is intended to raise public awareness about issues related to PTSD, reduce the stigma associated with PTSD, and help ensure that those suffering from the invisible wounds of war receive proper treatment.



Those who experience symptoms of PTSD or PTSD like issues should seek help immediately. Department of Veterans Affairs medical facilities, private care providers, counselors, and therapists can all be helpful in establishing an initial care regimen or refer those suffering from PTSD to a qualified care provider. The Department of Veterans Affairs has more information on help for PTSD on its' official site <https://www.ptsd.va.gov/>, including help finding a therapist.

If you have suicidal feelings or self-destructive urges, get help immediately. The Department of Veterans Affairs offers a Veterans' Crisis Hotline confidential chat at 1-800-273-8255 option 1. Or call the Nassau County Department of Mental Health, (516)227-8255.

## Cinco De Mayo Celebration



Nassau County Office for the Aging celebrated Cinco de Mayo at the Bethpage Senior Center with a visit from County Executive Bruce Blakeman and a delicious lunch.

