



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

July 2023

DEBBIE PUGLIESE
DEPUTY COMMISSIONER

Senior Farmer's Market Coupon Distribution 2023

The Senior Farmers' Market Nutrition Program (SFMNP) is designed to provide low-income seniors with access to locally grown fruits, vegetables, and cut herbs. Those who are eligible are provided coupons to redeem fresh fruits and vegetables at participating farmers' markets and farm stands. The program's purpose is to promote improved nutrition through increased consumption of locally grown fresh fruits and vegetables and expand sales at farmers' markets and farm stands.



Nassau County Office for the Aging is distributing the coupons at various locations throughout the County this summer. Each senior who meets income eligibility, can receive one coupon booklet per year worth \$25. Coupon quantities are limited and will be distributed on a first

come first service basis. To locate a coupon distribution site near you please call NY Connects at (516) 227-8900 or visit nassaucountyny.gov/Aging.

Nassau County Office for the Aging has once again partnered with Cornell University Cooperative Extension of Nassau County to bring fresh local produce to the communities of Nassau County. They will be at three locations during the week through October selling a variety of fruits, vegetables, and cut herbs. They accept cash, debit/credit, SNAP/EBT & Senior Farmers' Market Nutrition Coupons.

Locations are:

Tuesdays - Starting July 11th

East Meadow Farm Stand

10:30am - 1:30pm

832 Merrick Ave, East Meadow

Wednesdays - Starting July 12th

Freeport Senior Center at The Salvation Army

10:30am - 12:00pm

66 Church Street, Freeport

Kennedy Memorial Park

1:00pm - 2:30pm

335 Greenwich Street, Hempstead

Other locations accepting Senior Farmers' Market Nutrition Coupons can be found here <https://agriculture.ny.gov/farmersmarkets>. The list will be updated with new locations throughout the summer months.

The Farmers Market Nutrition Program and Mobile Farm Stand are sponsored by Nassau County Office for the Aging, New York State Department of Agriculture & Markets, New York State Department of Health, New York State Office for the Aging, Cornell Cooperative Extension of Nassau County and USDA Food and Nutrition Service.



Senior Summer Concerts

Nassau County Office for the Aging has partnered again with Nassau County Parks Department to bring summer concerts to seniors! The concerts take place at Eisenhower Park every Wednesday at noon, Parking Field 1. The entrance is on Merrick Avenue, by the Ice Rink. Once a month, there will be a concert held on Monday from 4:00 pm to 5:30 pm at Lakeside Theater, Parking Field 6. Concerts will be held on Monday, July 10 and Monday, August 14.



There will be an evening concert on Monday, July 17 from 8:00 p.m. to 10:00 p.m. with Vinnie Medugno, Chiclettes and Johnny Avino at Lakeside Theater, Parking Field 6.

For more information please call (516)227-8900 or nassaucountyny.gov/Aging.

JULY

**Wednesday, JULY 5 Noontime Concert
with CATHY SANTANIELLO**

**Monday, JULY 10 Afternoon Concert
4:00-5:30pm, Lakeside Theatre**

CLASSICS OF THE FIFTIES & SIXTIES
**Wednesday, JULY 12 Noontime Concert
with BLUE ANGEL**

**Wednesday, JULY 19 Noontime Concert
with DENNIS DELL**

**Wednesday, JULY 26 Noontime Concert
with JOEY and the PARADONS**



AUGUST

**Wednesday, AUGUST 2 Noontime Concert
with STILETTO and the SAXMAN**

**Wednesday, AUGUST 9 Noontime Concert
with THE TERCELS**

**Monday, AUGUST 14 Afternoon Concert
4:00-5:30pm, Lakeside Theatre**

**THE DEMENSIONS AND J
OHN SCUPELLITI & THE REACTIONS**

**Wednesday, AUGUST 16
Noontime Concert**

with EDIE VAN BUREN
Wednesday, AUGUST 23

Noontime Concert with THE PRECISIONS
Wednesday, AUGUST 30

Noontime Concert with MIKE D'AMORE



Summertime Food Safety:

How to Handle Food Safely When Eating Outdoors

The summer months can present opportunities for outdoor eating in social events with family and friends. However, summer temperatures can pose a risk for storing and cooking foods as bacteria tends to thrive in warm, humid environments. Just like any other time or season, it's important to practice food safety to protect yourself and loved ones from experiencing food-borne illnesses. Here are some steps that you can take to prepare and serve foods safely:

Preparing Foods for Outdoor Eating

With outdoor picnics, barbecues or camping events, it may not have the same food safety controls that you would find in a indoor kitchen environment. However, there are 4 basic food safety steps you can follow to prepare foods safely wherever you are:

1. **Clean:** Wash hands with warm water and soap for at least 20 seconds. Use paper towels or clean cloths to clean any kitchen surfaces.
2. **Separate:** Separate raw meats from other foods in your grocery bags, coolers, and any kitchen surfaces. Avoid placing cooked food on plates that touched raw meat.
3. **Cook:** Use a food thermometer to confirm that foods are cooked to their safe minimum internal temperatures. For more information on cooking temperatures, visit <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart>.
4. **Chill:** Refrigerate any perishables within 2 hours of cooking or purchasing. If the temperatures outside is 90°F or above, refrigerate within 1 hour.

Packing and Transporting Foods Safely

Bacteria thrives within the temperature danger zone of 40—140°F. To transport food safely from your refrigerator/freezer to the outdoor site, it's important to pack and store foods at the appropriate temperatures. Here are some tips that you can follow:

- Place cold food in a cooler with ice or frozen gel packs. Cold foods should be stored at 40°F or below to prevent bacterial activity.
- Pack meat, poultry, seafood while still frozen to help them stay colder longer.
- Have a separate cooler for beverages and perishable foods.
- Keep coolers closed as much as possible.
- Clean fresh fruits and vegetables under running tap water before packing them.

Cooking Tips

- Marinate foods in the refrigerator—never on the kitchen counter or in an outdoor setting.
- Don't reuse marinades as a sauce for cooked food.
- Cook food thoroughly. When it's ready, check temperatures with a food thermometer.

Source : <https://www.fda.gov/food/buy-store-serve-safe-food/handling-food-safely-while-eating-outdoors>



Cornell University
Cooperative Extension
Nassau County

Memory Café at Bethpage SCSC

On June 16th, Office for the Aging partnered with the Alzheimer's Association and The Bristol to host their first Memory Café. This was a free early-stage social engagement program that offered a fun and comfortable way for people with early-stage Alzheimer's disease/dementia and their care partners to get out, get active and connect with one another. There was live entertainment & lunch was served. Please call 516-227-8900 for more information regarding the next event.



Office for the Aging Celebrates Hope Day



Nassau County Office for the Aging attended a Hope Day Celebration at the Full Gospel Church in Island Park on Saturday, June 3rd. Hope Day is a day to work together to meet

the needs in the local community and help people. Office for the Aging provided information and emergency food supplies.

Celebrating Centenarians

Thank You to Leonard & Harry for their service and Happy Birthday!

Leonard celebrated his 102nd Birthday in June. He is a World War II Veteran.



Harry served in the military and his US flag is proudly displayed with all of his birthday citations.

Veterans Spotlight

Eligibility for burial in a VA National Cemetery

Veterans, service members, and some family members may be eligible for burial in a VA National Cemetery. Find out if you, or a person you're planning a burial for, can get this benefit.

Who's eligible for burial in a VA National Cemetery?

Veterans, service members, spouses, and dependents may be eligible for burial in a VA National Cemetery, as well as other benefits.

Eligibility Criteria:

- Veterans who did not receive a dishonorable discharge,
- Service member who died while on active duty, active duty for training, or inactive duty for training.
- Spouse or surviving spouse of a Veteran (even if they remarried after the Veteran's death).
- Minor child of a Veteran (even if the Veteran died first) or, in some cases, the unmarried adult dependent child of a Veteran.

Eligibility information for specific groups:

- U.S. citizens who served in the Armed Forces of an government allied with the United States during a war
- Members of Reserve components or the Reserve Officers' Training Corps
- Commissioned officers of the National Oceanic and Atmospheric Administration
- Commissioned officers of the Public Health Service
- World War II Merchant Mariners
- Philippine Armed Forces Veterans
- Hmong Veterans

For more information contact the Nassau County Veterans Service Agency at (516) 572-6565



OFA Deputy Commissioner Debbie Pugliese stopped in to see Cooky at work and wish her a Happy 80th Birthday.

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