

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

September 2024

DEBBIE PUGLIESE
DEPUTY COMMISSIONER

Unlocking Success: The Senior College Audit Program

The Senior College Audit Program lets older adults attend college classes without needing to pay tuition fees. Imagine sitting in a classroom filled with eager minds, soaking in knowledge without the stress of grades or exams. This program opens doors for seniors who want to learn just for the joy of it!

The program is all about keeping the mind sharp and engaged. Auditing gives seniors the chance to explore new subjects and can focus on what interests you most. Before signing up, check the eligibility requirements.

Once you're eligible, pick the classes that pique your interest. Think about what you always wanted to learn but never had the chance to. Want to explore literature, or maybe learn a new language? The choice is yours!



The Senior College Audit Program offers a golden opportunity to embrace education and connect with others at any age. It's

about expanding your horizons, meeting new people, and having fun. So why wait? Dive into the vibrant world of college classes and see where your curiosity takes you. Your next adventure in learning awaits!

Two local colleges that have this program are Nassau Community College and SUNY Old Westbury. Both programs are tuition free for adults over 60 years of age, not for academic credit and on a space-available basis.

For information about the programs contact:

Nassau Community College

(516) 572-7472

SUNY Old Westbury

(516) 876-3200

Many colleges offer audit programs.

Noontime Concerts

Join us Wednesdays for the Noontime Concerts
12:00 pm to 2:00 pm,
Eisenhower Park, Field #1

September 4th - Bob Damato
September 18th - Edie Van Buren
September 25th - The Tercels





SEPTEMBER 2024 NEWSLETTER

Protein Power



Why is protein important for your health?

Learn about protein and where to find it!

As we age, maintaining muscle mass and overall strength becomes crucial for staying healthy and independent. A key nutrient in this process is protein.

Protein helps repair and build tissues, like muscles, which naturally reduce as we age. In fact older adults need more protein than younger people to maintain muscle mass. Muscle loss leads to frailty, decreased mobility, and higher risk of falls. But eating enough protein can help slow down this process and keep you strong and healthy especially after illness or surgery.

To ensure you are eating enough protein, it is important to eat protein with every meal. And remember, staying active alongside a protein-rich diet can further boost muscle strength and overall vitality.

Quick Nutrition Tips:

Incorporating protein in your diet is often challenging but here are some sources of high-quality protein:

- Lean meats like poultry
- Fish like salmon and tuna
- Eggs
- Dairy like cheese and milk
- Beans
- Legumes

Note it is absolutely possible to eat a protein-rich diet that is either vegetarian or vegan. In those cases you just need to ensure you are consuming enough high protein foods with every meal.

Join the Fight Against Sepsis



Sepsis is the body's extreme response to an infection. It occurs when an infection you already have triggers a chain reaction throughout your body. Most cases of sepsis start before a patient goes to

the hospital. Infections that lead to sepsis most often start in the lung, urinary tract, skin, or gastrointestinal tract.

It is a life-threatening medical emergency. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and even death.

Those at higher risk include:

- Adults 65 years of age or older
- Children younger than one year of age
- People with weakened immune systems
- People with chronic medical conditions, such as diabetes, lung disease, cancer, or kidney disease
- People with recent illness or hospitalization
- People who have had sepsis before

It's crucial to get medical care right away if you have an infection which is not getting better. A person with sepsis might have one or more of the following symptoms:

- High heart rate or weak pulse
- Confusion or disorientation
- Extreme pain or discomfort
- Fever, shivering, or feeling very cold
- Shortness of breath
- Clammy or sweaty skin

New York State was the first in the nation to establish a statewide mandate requiring all hospitals to adopt sepsis protocols. The protocols were designed to improve rapid identification and treatment of sepsis.

Learn the signs and symptoms of sepsis, it might save lives. With quick identification, sepsis can be treated!

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

Veteran's Spotlight

50,000! That's how many veterans live in Nassau County, yet the Department of Defense closed the Mitchel Field Commissary that serves as a discount supermarket for hometown heroes in need of assistance. It's shameful. County Executive Bruce Blakeman and Congressman Anthony D'Esposito joined with local veterans to demand the facility be reopened immediately, and welcomed veterans to visit the Nassau County Veteran Food Pantry, open Monday-Friday from 9am to noon at 201 Hempstead Turnpike, Building "Q" in East Meadow.



Congressman Anthony D'Esposito, County Executive Bruce Blakeman, and Town of Hempstead Clerk Kate Murray

BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

RALPH ESPOSITO
DIRECTOR
NASSAU COUNTY VETERANS SERVICE AGENCY

**NASSAU COUNTY
VETERANS PICNIC
RESOURCE FAIR**

**THURSDAY,
SEPTEMBER 19, 2024
11:30am-2:30pm**

**FREE BBQ PICNIC EVENT
EISENHOWER PARK
PARKING FIELD 6**

RSVP required by September 13th
call 516-572-0564
Veteran & Guest
Monday-Friday - 9:00am-4:00pm

Musical Performance by **TANGERINE** and
THE AMERICAN BOMBSHELLS

NASSAU COUNTY VETERANS SERVICE AGENCY
2201 Hempstead Tpke. Bldg Q • East Meadow • 516-572-6565

Nassau County Office for the Aging Advisory/Long Term Care Council

The Office for the Aging has an Advisory and Long Term Care Council. This group advises the Office for the Aging about issues within the county's aging population and was created to be a key link between the community and the Office for the Aging in communicating the needs and concerns of the older residents of the county.



Members of the council are Office for the Aging Representative Kathy Brandt, Nassau County Legislator Rose Walker, Office of Physically Challenged Director Matt Dwyer, Freeport Mayor Robert Kennedy, Nassau County Veterans Service Agency Director Ralph Esposito, NY Connects Director Christin Corwin, Office for the Aging Deputy Commissioner Debbie Pugliese, Town of Hempstead Representative Barbara Simms, Hewlett House Executive Director Geri Barish and Linda Zorn from Veterans Service Agency.



Port Washington Senior Center attends FunDay Monday with Town of North Hempstead Supervisor Jennifer DeSena and Receiver of Taxes Mary Jo Collins

FunDay Monday Salute to Veterans Event

Nassau County Office for the Aging attends the Town of North Hempstead's FunDay Monday events for older adults at North Hempstead Beach Park in Port Washington. The last event of each summer is a Salute to Veterans with speeches, dancing and hot dogs for all!



65 Years of Marriage!

Congratulations to Paul & Lorraine Spielvogel of Oceanside. Paul said "The secret of a happy marriage is a husband who says Yes, Dear."



Happy 100th Birthday Ruth!

Ruth's daughter joined Deputy Debbie Pugliese, County Executive Bruce Blakeman and Commissioner Jill Nevin.

