

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 2024

DEBBIE PUGLIESE
DEPUTY COMMISSIONER

Senior Farmers' Market Coupon Distribution 2024

The Senior Farmers' Market Nutrition Program (SFMNP) is designed to provide low-income seniors with access to locally grown fruits, vegetables, and herbs. Those who are eligible are provided coupons to redeem for 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. Seniors who meet income

eligibility, can receive one coupon booklet per year worth \$25.

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.

Nassau County Office for the Aging has once again partnered with Cornell Cooperative Extension of Nassau County to bring fresh local produce to residents. They will be at The East Meadow Farm Stand which will be open

every Wednesday through October 30th from 11:00 am to 2:00 pm. They accept cash, debit/credit, SNAP/EBT & Senior Farmers' Market Nutrition Coupons.

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 Weekly Farm Stand are sponsored by Nassau County Office for the Aging, NYS Department of Agriculture & Markets, NYS Department of Health, NYS Office for the Aging, Cornell Cooperative Extension of Nassau County and USDA Food and Nutrition Service.

Weekly Farm Stand

Wednesdays

June 26th to October 30th

East Meadow Farm Stand

11:00am - 2:00pm

832 Merrick Ave, East Meadow





JULY 2024 NEWSLETTER

"Water" You Waiting For? Hydrate



Tips to Stay Hydrated

strategies to keep cool in the summer

Staying hydrated during the summer is incredibly important! It helps us to manage our body temperature, support our immune and digestive system, keeps our joints lubricated, and maintains our memory and alertness.

To stay hydrated, it is important to drink water throughout the day. For adults, it is recommended to drink 9-13 cups of beverages per day. Recommended beverages may include:

- Water
- Decaffeinated herbal teas
- Milk
- Low sodium broths
- Fruit and vegetable juices

Hydration can also come from high water content fruits and vegetables such as watermelon, cucumber, oranges, tomatoes, celery, cantaloupe, zucchini and more.

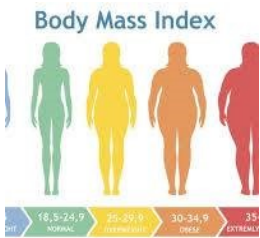
Quick Nutrition Tips:

- Know the signs and symptoms of dehydration to help prevent life threatening situations. Note any signs of extreme thirst, dry mouth, urinating and sweating less than usual, tiredness, dizziness, confusion, fainting, rapid heartbeat, rapid breathing and shock.
- Carry a portable water bottle.
- Eat hydrating fruits such as fresh berries and watermelon.
- Make infused water with iced water, a fruit, vegetable and fresh herbs.

Medicare Preventive Services Spotlight: Obesity Screening and Counseling

Obesity is a widespread and serious problem affecting people of all ages and leading to serious health issues. We are pleased to inform you that Medicare Part B covers some obesity prevention services including behavioral counseling and screenings.

Obesity Screenings include an initial screening for BMI, and behavioral therapy sessions that include a dietary assessment and counseling to help you lose weight by focusing on diet and exercise.



Eligibility: If you have a body mass index (BMI) of 30 or more, Medicare Part B Medical Insurance Covers obesity screenings and behavioral counseling.

Medicare covers this counseling if your primary care doctor or other primary care provider gives the counseling in a primary care setting (like a doctor's office), where they can coordinate your personalized prevention plan with your other care.

Cost for the service: In Original Medicare, you pay nothing for this service if your primary care provider accepts assignment. Your doctor or other health care provider may recommend you get services more often than Medicare covers. Or they may recommend services that Medicare doesn't cover. If this happens, you may have to pay some or all the costs. Ask questions so you understand why your doctor is recommending certain services and if, or how much, Medicare will pay for the services.

You can learn more about *Medicare's Preventative Services* by visiting [Medicare.gov](https://www.Medicare.gov) or calling HIICAP at 516-485-3754



Nassau County Celebrates 103 Year Old Veteran

Leonard Jindra was born in 1921 and lives in Floral Park. He immigrated to the US in 1937 at age of 16 from the Czech Republic. When he left the Czech his mother's words to him had been "defend the US" and he wanted to make her proud.

He enlisted in 1942 and was part of the first wave of the D-Day attack at Normandy. Leonard was injured in combat 3 times and earned 3 purple hearts for his service. He is most proud of his Combat Infantry Badge, which highlights his service in active combat. He also has a Bronze Star, for a brave act in a time of war.

He met his wife at a dance in 1946 and married in 1948, they were married 66 years and has two children. When back from the war he worked for Kollsman Instruments on the space projects here on Long Island. When this work closed down, he went to work for Bulova watches and retired in 1986.

He wrote a book, American Hero, written by Lawrence Jindra as told to him by Ladaslav (birth name of Leonard) He was able to attend the anniversary events in Normandy in 2005, 2009, and again in 2019. He carries the burden of war with him every day. The one thing he always includes in a gathering is a toast, he says "Let's take a moment to think of those who didn't make it".



Deputy Commissioner Debbie Pugliese and NYS Assemblyman Brain Curran present A citation to WWII Veteran Mr. Leonard Jindra for his 103rd birthday

Annual Oyster Bay Senior Community Service Center Walkathon

It helps build community, promotes fitness, helps raise vital funds and raises awareness of programs and support services offered through the center. The Kick-Off Event took place on Monday, June 3rd. Several members gathered at the Center and walked together to a walk loop at Roosevelt Park in Oyster Bay. The walk is taking place from June 1-15th with several teams walking together at select locations throughout the two-week period.



Congratulations to the volunteers at Bethel AME Church.

The volunteers completed the Food Service Managers Training. Margaret Mason, Felice Allen, Elma Carmichael, Dianne Stuckey, Leshia Bartley, Timothy Pitts, and Ruth Lewis who is 92 years young!



Free Noontime Concerts

Kicked off on Wednesday, June 19th with a concert from Stiletto and the Saxman.

Join us every Wednesday at noon at Eisenhower Park, Field 1 off of Merrick Ave.



Happy 100th Birthday to Katherine!



Happy 90th Birthday John!

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