



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

June 2024

DEBBIE PUGLIESE
DEPUTY COMMISSIONER

Celebration of Older Americans Month

This year Nassau County Office for the Aging celebrated Older Americans Month with the 48th Annual Older Americans Month Conference & Luncheon on Wednesday, May 17, 2024, at the Long Island Marriott in Uniondale. This year's theme, *Powered by Connection*, focused on the profound impact that meaningful connections have on the well-being and health of older adults.

Older adults and aging services providers enjoyed a vendor fair and three workshops; *The Benefits of Exercise* presented by Nassau County Department of Human Services, *Rethink your Drink* hosted by Cornell Cooperative Extension of Nassau County, and *Planning for the Future: Navigating Legal Documents* presented by Nassau Suffolk Law Services.

Speakers included County Executive Bruce A. Blakeman, Health and Human Service Commissioner Jill D. Nevin and New York State Office for the Aging Executive Director John Cochran. The 2024 Seniors of the Year were honored. It was a wonderful day to celebrate all the Older Americans in Nassau County!





What is farm-to-table and why buy seasonal produce?

Farm-to-table means that the food on the table came directly from a specific farm, without going through a store, market, or distributor along the way. Buying seasonal produce means choosing fruits and vegetables that are grown and harvested during their peak time of year. This ensures they are fresher, tastier, and often more affordable. Additionally, buying local produce supports local farmers and reduces the environmental impact of transportation.

Incorporating farm-to-table recipes at home with summer produce is easy and delicious! Start by visiting your local farmer's market or farm stand to pick up fresh fruits and vegetables that are in season during the summer months. You may find juicy tomatoes, sweet corn, crisp cucumbers, and fragrant herbs that are grown on Long Island. Incorporate these ingredients into simple recipes that highlight these ingredients, such as a refreshing tomato and cucumber salad with a sprinkle of fresh herbs, or grilled corn on the cob with a squeeze of lime and sprinkle of chili powder.

What are the benefits of eating fruits and vegetables?

Eating lots of fruits and veggies is great for your health. It can help lower blood pressure, reduce the risk of heart disease, prevent certain cancers, and aid in weight management. Choosing fruits and veggies like apples, pears, and leafy greens also reduce the risk of blood sugar spikes which can stimulate hunger.

The USDA's MyPlate program recommends making half of your plate fruits and vegetables. The 2020–2025 Dietary Guidelines for Americans recommend that adults consume 1.5–2 cup-equivalents of fruits daily, and 2–3 cup-equivalents of vegetables daily. The guidelines also recommend choosing a variety of fruits and vegetables daily.

Where to store produce:

REFRIGERATOR



COUNTER



COUNTER AND REFRIGERATOR



PANTRY



2024 Seniors of the Year



Peter Gong was born in 1943 in Greenpoint Brooklyn. He was drafted into the Army in 1965 and served with the First Calgary Division in Vietnam as an Infantry Man. He received three battle stars and a unit citation from the President of the United States.

After coming home, he joined the Army Reserves and Army National Guard. He served with them for 12 years. He then transferred into US Air National Guard and served for 16 years. Peter retired from the military after 28 years served. Once retired, he decided to honor veterans that never came home. He has done over 175 military honors ceremonies on Long Island.

He is a member of the New York State Veterans Hall of Fame, Life Member of the Veterans of Foreign Wars Post 5253 and 2736, Vietnam Veterans Chapter 82, American Legion Post 1791, the Chinese Center of Long Island and the Chinese American Association in West Hempstead, NY. He has also been a US Volunteer of America's 11th Regiment for 20 years.

Currently, he volunteers as a Military Color Guard for various event throughout Nassau County. Peter has two children and three grandchildren and lives with his wife in New Hyde Park.

Katherine Gibson, 87 was born in Manhattan. In 1960, she married Bruce Gibson and had four children. They moved to Bayville Long Island in 1966 where she still resides. Mrs. Gibson was a English teacher at Lutheran High School and a professor at New York Institute of Technology.



Katherine has been a Rotary member for over 30 years. She is a Board Member of the Bayville Museum, a Rosary Guild member of Saint Gertrude's Church. At 75 she jumped from a plane and helped raise over \$10,000.

Katherine has won various awards over her lifetime including most recently the Lifetime Presidential Achievement Service Award from the Long Island Volunteer Center, logging in over 4,000 hours of volunteer service.

Katherine is a member of the Life Enrichment Center of Oyster Bay. Her volunteer activities at the center include: facilitating the Creative Writing Group, contributing to the Center's monthly newsletter, and she was the driving force behind their book, which is an anthology of stories by senior members of the center. This book, "Senior Moments" is to be published in June 2024.

Senior Summer Concerts

NOONTIME CONCERT SERIES
 WEDNESDAYS, 12:00-2:00PM | EISENHOWER PARK, Field #1
 All Events weather permitting. Call 516-572-0200 for up-to-date information.
 Free Admission / Bring Blankets & Chairs

<p>JUNE June 19.....Stiletto & Saxman June 26.....The Harmonizers</p> <p>JULY July 3.....Dennis Dell July 10.....Blue Angel July 17.....Louis Del Prete July 24.....Tangerine July 31.....Johnny Avino</p>	<p>AUGUST August 7.....The Accords August 14.....Cathy Santanello August 21.....Risky Business August 28.....Michael D'Amore</p> <p>SEPTEMBER September 4....Bob Damato September 18...Edie Van Buren September 25...The Tercels</p>
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AFTERNOON CONCERT SERIES
 MONDAYS, 4:00-5:30 PM | EISENHOWER PARK, LAKESIDE THEATRE, Field #6

<p>JULY July 8..... 5:00-6:30pm The Excellents and The Dimensions</p> <p>July 29..... 5:00-6:30pm The Fireflies and The Devotions</p>	<p>AUGUST August 12..... 5:00-6:30pm Vinnie Medugno & The Chiclettes</p> <p style="text-align: center;">Bring Blankets & Chairs</p>
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Celebrate Centenarians



Happy 100th
 Birthday
 Seymore!



Happy 100th
 Birthday
 Herta!

HAPPY
Father's Day

Senior Softball League

New York Senior Softball Association (NYSSA) is a softball league with members aged 68 and older. 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. For more information email ifo@newyorkseniorsoftball.com



Chris Dalton from Senator Steve Rhodes office threw out the first pitch at Opening Day on May 6th



Girl Scout Troop #1667 visits the Herricks Senior Center



Foodie Group at Oyster Bay Senior Center



Veterans Spotlight

Nassau County Comptroller Elaine Phillips, who is also a Korean Martial Artist and Sixth Degree Blackbelt, spoke to veterans at the Bethpage Senior Center to provide helpful tips and self-defense techniques.



Site Council Instillation

Nassau County Deputy County Executive Anissa Moore, is joined by Office for the Aging Deputy Commissioner Debbie Pugliese and Pastor Stephen Lewis, as she installed the new Site Council for the Bethel AME Church Senior Program.



Are you part of a community organization that would like a presentation from the Nassau County Office for the Aging? Call (516)227-8900 to schedule a presentation.

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