

COUNTY EXECUTIVE **BRUCE A. BLAKEMAN** PRESENTS



NASSAU NEWS

FROM THE DEPARTMENT OF HUMAN SERVICES

OFFICE FOR THE AGING

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COMMISSIONER

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DEPUTY COMMISSIONER

Elevate Your Dining Experience

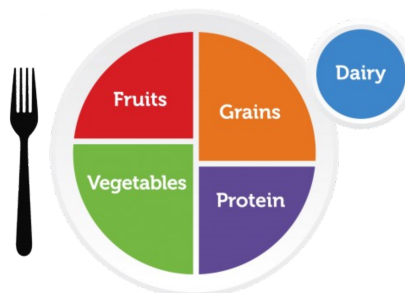
Living in a fast-paced atmosphere it has become convenient to eat straight from your container. Taking the time to plate your food can transform the experience when eating an ordinary meal. Plating your meal is a small effort that can turn your dining experience into something life changing. Here are a few ways to do so:

Enhancing Visual Appeal:

Plating food can allow a visual appealing dish. The presentation of the meal has great influence on the way we perceive the taste. The color of the plate can also help make the meal and colors stand out to you and create a signal to the brain. Along with the color of the food, the texture and the composition will stand out to the eye.

Mindful Eating:

Eating from a plate helps one become more mindful of eating and prevents overeating allowing for better weight management. Sitting down at the table with your plate vs. on the sofa with a container will lead you to enjoy the flavor and chew your food. This mindful approach will create better digestion and enjoyment of the meal.



Portion Control:

Containers are not portioned and therefore plating your meal can help you to recognize how much food was in the container. Plating food can contribute to much

healthier eating patterns through portioning as well as visual perception of the meal. Using MyPlate.com as a guide, with its segmented quadrants, can be useful in portion control and to ensure all food groups are met at each meal.

Social Connection:

Plating food can be fun! You can send pictures to family and friends and stay socially connected. Food is meant to be enjoyed and to share ideas with others. When one sees another is eating healthy, it assists another in wanting to eat healthy. Sharing photos also creates a conversation and togetherness when you can't physically be together.

Plating is more than just the eye presentation; it is a healthful way to enhance your dining experience and overall health. All starting from the visual eye and mindful eating to portioning correct and sharing socially. You may find this small change can help to transform your meal time!

Examples of a plated meal:



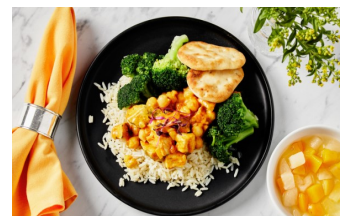
Dinner in Container



Dinner Plated



Dinner in Container

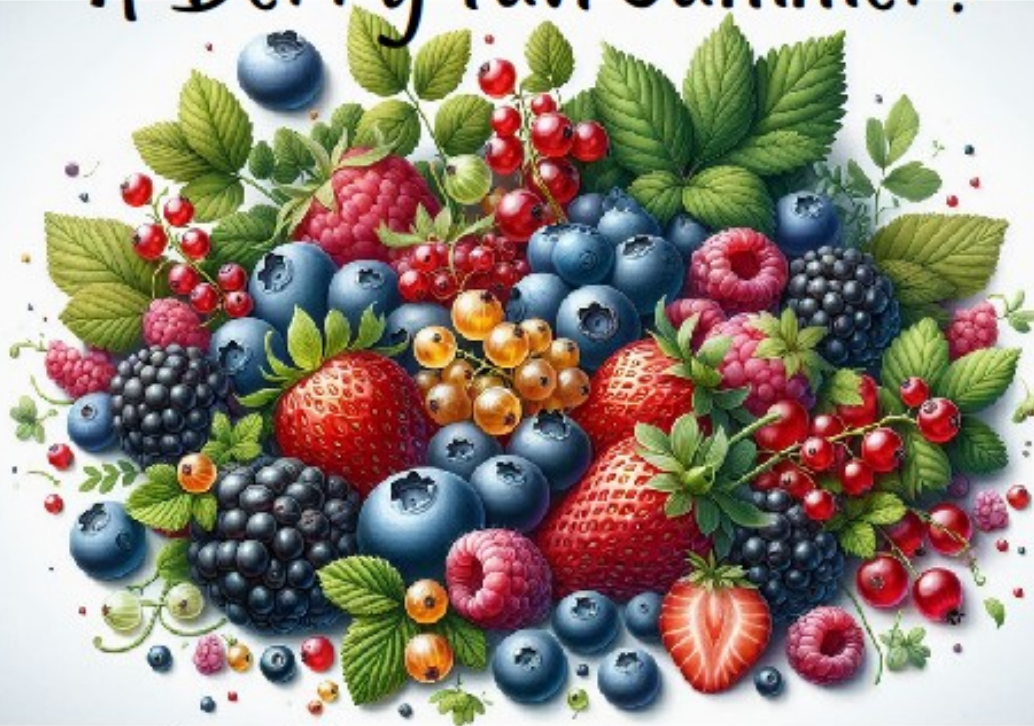


Dinner Plated



AUGUST 2024 NEWSLETTER

A Berry Fun Summer!



Why you should eat Berries!

Learn about berries and their health benefits.

In the quest for better health, few foods shine as brightly as berries. Berries are not just tasty; they are super healthy too! Full of vitamins, fiber, and antioxidants, eating berries is a great way to maintain your health.

Berries are high in vitamin C and K. Vitamin C helps support your immune system and vitamin K is important for blood clotting. The fiber in berries helps with digestion and blood sugar management especially in people with diabetes.

Berries are also packed with antioxidants. These help protect your cells from oxidative stress and lowers the risk of developing age-related diseases like heart disease, diabetes, and cancer.

Try to eat different types of berries like blueberries, strawberries, raspberries, and blackberries and have them fresh, frozen, or dried.

Quick Nutrition Tips:

Incorporating berries into your diet can be challenging but here are a couple of ways to include them in your meals:

- Add berries into yogurt or oatmeal
- Blend frozen berries into smoothies
- Sprinkle berries on salads
- Have berries for dessert
- Eat them as quick snacks

When storing berries make sure to keep them refrigerated in the fruit drawer and wash them only before eating in order to prevent them spoiling quickly.

<https://www.hsph.harvard.edu/news/hsph-in-the-news/fresh-berries-are-among-the-healthiest-foods-you-can-eat/#:~:text=The%20article%20noted%20that%20berries,help%20promote%20a%20healthy%20gut.>
<https://www.webmd.com/diet/health-benefits-berries>

Medicare Preventive Services: Immunizations



Immunizations play an important role in keeping your family and your community healthy. They help protect those who are the most vulnerable to illness, such as older

adults. Under Medicare some immunizations are covered and are available at no cost .

Preferred Flu Vaccine:

The flu shot protects you from getting the flu and keeps you from spreading it to others. People 65 and older can get a preferred flu shot, which may be a greater benefit than the standard dose. Ask your doctor about getting one of the three preferred vaccines. Medicare covers the seasonal flu vaccine once per flu season and additional shots if it's medically necessary. Don't wait to get the flu shot. There are many places you can get one, including your doctor's office and your local pharmacy.

Hepatitis B Vaccine:

Medicare covers these shots if you're at medium or high risk for Hepatitis B. Check with your doctor to find out your risk.

Pneumococcal Vaccine:

The shots protect against different strains of the bacteria that cause pneumonia. Medicare covers pneumococcal vaccines.

COVID-19 Vaccine:

Helps reduce the risk of illness from COVID-19. You pay nothing for the COVID-19 vaccine if your doctor or other health care provider accepts assignment for giving you the shot.

Always talk with your doctor or other health care provider to decide which immunizations are right for you.

For more information about Medicare Preventive Services or if you have any questions about your Medicare contact HIICAP at (516)485-3754.

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

Office for the Aging's Monthly Veterans Luncheons

Nassau County Office for the Aging hosts monthly veterans' lunches in Lynbrook and Bethpage. The lunches are open to senior veterans who reside in Nassau County. These events are designed to honor and support Seniors who are veterans by providing a space for socialization and community engagement.

The lunches offer a chance for veterans to connect with each other, enjoy a meal, and access various resources provided by the Office for the Aging. Occasionally, there are speakers and workshops. Representatives from the Nassau County Office for the Aging and the Department of Veteran Affairs are also in attendance to answer any questions.

These lunches are a great opportunity for veterans to connect, share experiences, and access valuable resources. For more details and to RSVP contact the Nassau County Office for the Aging at (516) 227-8900 or email seniors@nassaucountyny.gov.



The second Friday of each month
12:00 PM - 2:00 PM

Lynbrook

St. Mary's Knights of Columbus,
78 Hempstead Avenue, Lynbrook

Bethpage

Bethpage Community Center,
103 Grumman Road West, Bethpage

RSVP REQUIRED

Summer Fun at Nassau County Senior Community Service Centers

North Merrick SCSC attends a Wednesday Noontime Concert at Eisenhower Park.



Freeport SCSC learns about the *Benefits of Exercise* with Nassau County Office for the Aging's Sam and Dawn from the Department of Mental Health.



Milestone Birthday Celebrations!



Sylvia celebrated her 100th birthday with her friends & family..... her children, grandchildren, great grandchildren and great-great grandchildren!

Milestone Birthday Celebrations!



County Executive Bruce Blakeman celebrates Dorothy's 95th birthday at Mio Posto!

Jakub celebrates his 100th birthday surrounded by friends and family!



Nassau County Legislator Tom McKeivitt, Deputy Commissioner Debbie Pugliese and State Senator Steve Rhodes celebrates 100th Birthdays!



Dorothy's 100th Birthday!

Blanca's 100th Birthday!

