

Nassau County Age-Friendly Center of Excellence at the Glen Cove Senior Center

Message from the Director

Happy December and Happy Holidays!

Looking back on 2022, we have accomplished so much. From the launch of the timebank to monthly in-person walks with docs, submission of the action plan, and sign unveiling and ribbon cutting for the Age-Friendly Center of Excellence, I'm so grateful to be part of such an amazing team and for everyone's support and work on this very important initiative! Be on the lookout for all the exciting projects coming in 2023.

Word of the Month: Livability

Livability is a measurement of how attractive a community is based on a variety of factors. When looking for a place to live, there are many things to consider, like safety, home affordability, proximity to work, availability of public transportation, and social engagement opportunities.

There are eight domains of livability:

- Outdoor Spaces and Buildings
- Transportation
- Housing
- Social Participation
- Respect, and Social Inclusion
- Civic Participation and Employment
- Communication and Information
- Community Support and Health Services

Many communities also look at Emergency Preparedness and Elder Abuse Prevention.



Vincenza Caruso

*Project Director, Nassau County Age-Friendly Center of Excellence at the Glen Cove Senior Center
Program Administrator, Age-Friendly Glen Cove
Volunteer, Glen Cove Senior Center*

Photo from the May 2022 WWAD event where Dr. Keber discussed safe walking tips and we walked on Glen Street with the Glen Cove Community Development Agency, Long Island Health Collaborative and attendees from the Glen Cove Senior Center!

What is your favorite part of the holiday season?

Time spent with friends and family

Select

Holiday movies

Select

Food

Select

The spirit of the holidays

Select

Giving back/volunteering

Select

All of the above!

Free Programs in 2023!

Age-Friendly Business Certification Program - Coming Spring 2023

Vincenza and Camilla spoke at the Glen Cove Chamber of Commerce meeting at Laura's BBQ last month about a new program to certify age-friendly businesses! In attendance were Glen Cove Senior Center Executive Director Christine Rice, SAGE Foundation Board President Carolynn Eipel, and Age-Friendly Glen Cove Advisory Board Members Mary Stanco, Ylisa Kunze, and Gaitley Stevenson-Mathews. Thank you to the Chamber's President, Matt Nartowicz, the full board and members for the invitation. The input from the business community was greatly appreciated and the meal was delicious!



Walk with a Doc



Last month, Dr. Keber from Glen Cove Hospital brought along family resident physicians to discuss ways to deal with chronic pain and enjoy an indoor walk!

Register [HERE](#) for our upcoming walks that you won't want to miss! Winter walks are held at the Glen Cove Boys & Girls Club at 113 Glen Cove Avenue, Glen Cove, NY.

- Thursday, January 19th, 9-10AM - *Kidney Health*
- Thursday, February 16th, 9-10AM - *Swelling and Inflammation*

Park at the lower lot of the basketball court or the back lot up Robinson Avenue and sign in at the back door by the basketball court at the blue awning.

Glen Cove TimeBank

Members are waiting to share their talents and skills with you! Individuals (over age 18) and organizations can apply. For more information, visit our website or contact the project coordinator at coordinator@agefriendlyglencove.com. Application processing time may take a bit longer following the holidays.



Updates from Age-Friendly Glen Cove

Celebrating Our Center of Excellence Designation!



Photo Courtesy of Tab Hauser

We held a sign unveiling and ribbon-cutting ceremony on Thursday, November 17th at the Glen Cove Ferry Terminal to celebrate Glen Cove's designation as a Nassau County Age-Friendly Center of Excellence, one of only 5 centers in NY! Three signs will be installed throughout the city. It was a beautiful event attended by Mayor Pamela Panzenbeck, the City Council, Age-Friendly Glen Cove Advisory Board, Nassau County Department of Human Services, Office for the Aging, Nassau County Legislator Delia DeRiggi-Whitton, NYS Assemblyman Charles Lavine, project partners, including Dr. Barbara Keber from Glen Cove Hospital and Dr. Corinne Kyriacou from Hofstra University, the Glen Cove Chamber of Commerce, North Shore Hispanic Chamber of Commerce, and seniors and residents in Glen Cove!

Check out the [story in the LI Herald!](#)

Team Spotlight: Franca Trunzo Executive Director, Glen Cove Boys & Girls Club

“Glen Cove Boys & Girls Club looks forward to the continued partnerships within the community and to serving the Age-Friendly population through events, activities, and increased engagement with our youth population. Glen Cove is such a wonderful location, providing a more livable community for people of all ages while enhancing the overall quality of life.”

If you would like to join the advisory board, volunteer on a short or long-term project, or intern with us, please email Vincenza at

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The Nassau County Age-Friendly Center of Excellence at the Glen Cove Senior Center was developed through the New York State Office for the Aging Planning Grant and is currently funded by the Nassau County Department of Human Services, Office for the Aging. We are very grateful for their support.