

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

Message from the Director

Hello friends! The upcoming holiday season is a great time to reflect on your growth over the past year, enjoy time with friends and family, give back to your community and help those in need. For me, being a volunteer at the Glen Cove Senior Center since 2016 and working on the age-friendly initiative has taught me about what it truly means to volunteer and contribute towards meaningful work that benefits everyone in the community. From the smiles on everyone's faces after each Walk with a Doc session to the skills and talents people are sharing with one another through the TimeBank, every day spent on this project creates the potential for people to thrive and embrace the spirit of the holidays year-round. This project is supported by the advisory board members, advocates, and students who all give their time to support policies and programs that benefit everyone. With the holidays quickly approaching, I express my gratitude to everyone who works on this project and wish you all a wonderful holiday season!



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*

Word of the Month: Age-Friendly

We talk about this term a lot, but what does it actually mean?

Age-friendly is a term used to describe communities and environments that help people live well and comfortably in their homes and communities as they age. These communities have walkable streets, a variety of housing and transportation options, access to key information, health and social services, and social participation opportunities like volunteering and social events. Age-friendly has a focus on older adults, but includes ALL ages, as the features of age-friendly communities benefit anyone of any age.

Becoming an age-friendly community involves commitment to promoting policies and services that address 8 Domains of Livability ([read about the domains here](#)), AARP and the World Health Organization have been leading age-friendly initiatives for more than 10 years, out of a recognition of the global trends of rapid population aging and urbanization. Health systems have also embraced this work, receiving age-friendly designations for high-quality care.

Check out our [website](#) to see how our advisory board members answer what age-friendly means to them!

Current (Free!) Programs

Walk with a Doc



Every month, our chapter provides information about interesting health topics, connects community members with healthcare professionals, and offers a low-impact exercise program that everyone can participate in!

Register [HERE](#) for our next walk on Thursday, November 17th, from 9-10:30 AM at the Glen Cove Boys & Girls Club at 113 Glen Cove Avenue, Glen Cove, NY. Dr. Keber from Glen Cove Hospital, Northwell Health, will discuss "Dealing with Chronic Pain."

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.

Don't forget to mark your calendars and pre-register for our upcoming events!

- Thursday, November 17th, 9AM- Dealing with Chronic Pain
- Wednesday, December 7th, 9AM - Preventing Falls and Improving Your Balance

Glen Cove TimeBank

We are now accepting new member applications for both individuals and organizations. For more information, visit our website or contact Nydia DiCarali, the project coordinator at coordinator@agefriendlyglencove.com



TimeBank members, Carol and Christine, completed their first exchange this summer. Carol offered expertise in fundraiser planning and Christine took care of Carol's plants!

"Timebanking seems to bring out the best in people and offers a real opportunity to contribute to our community in a meaningful way. I'm so proud to be a part of it and can't wait for my next match!" ~ Carol



Team Spotlight: Camilla, Intern, Fall 2022-Spring 2023

Camilla is a third year undergraduate student who assists with several projects in the action plan, including social media, ADA accessibility for buildings, and age-friendly business designations.

"I am a student at Hofstra University, and I am so excited to be working on the Age-Friendly Project for the next 2 semesters! My favorite part of the Age-Friendly Project is how the improvements we make with one group in mind can actually improve the lives of everyone!"

We are so thankful for all of the volunteers who have worked on our age-friendly initiative over the last few years. We offer internships and mentorships for graduate, undergraduate, and high school students.

If you'd like to get involved in the initiative through a short or long-term volunteer project or an internship, please contact Vincenza at agefriendlyglencove@gmail.com

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.

What Our Advisory Board is Up To:

The Age-Friendly Glen Cove Advisory Board met for their fall meeting on October 20th at the Glen Cove Senior Center, where they discussed progress on the initiative and implementation of action items. Working groups will begin meeting soon to plan out next steps for implementation of items in the action plan.

Meet the Advisory Board!



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