

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

## About Us:

The City of Glen Cove became a member of the AARP Network of Age-Friendly States and Communities in 2018, and was designated as a Nassau County Age-Friendly Center of Excellence in 2020. Glen Cove is committed to promoting policies and programs that improve the livability of the city for all ages and abilities so people can thrive as they grow up and grow older!



**Christine Rice**  
*Executive Director, Glen Cove Senior Center*

## A Message from Our Director:



**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*

Since beginning working on the Age-Friendly Glen Cove initiative in 2017, I'm so excited to see the city's Age-Friendly Action Plan come to life as we begin to implement policies and programs that benefit people of all ages! The action plan is a culmination of ideas put together based on data and feedback from older adults, advocates, and leaders in the community.

Our monthly e-newsletters will contain updates on our progress and information about new events and programs as they are developed. I welcome you to participate in these free programs and become an advocate for our age-friendly efforts!

## Current (Free!) Programs

### Walk with a Doc

Walk with a Doc (WWAD) is an

organization that was started in 2005 by a cardiologist in Ohio and has chapters throughout the world. Through a monthly series, the Glen Cove chapter provides information about interesting health topics, connects community members with healthcare professionals and one another, and offers a low-impact exercise program that everyone can participate in!



Register [HERE](#) for our next walk on Thursday, October 20th, from 9-10:30 AM at the Garvies Point Esplanade. Dr. Keber from Glen Cove Hospital, Northwell Health, will be discussing "Ways to Improve your Health Literacy."

Park and sign in outside the Glen Cove Ferry Terminal at 73 Garvies Point Road, Glen Cove, NY 11542. In the event of inclement weather, we will meet at the Glen Cove Boys & Girls Club, 113 Glen Cove Avenue, Glen Cove, NY 11542.

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## **Glen Cove TimeBank**

The Glen Cove TimeBank helps to connect neighbors and strengthen communities by providing residents and organizations with an opportunity to request and provide free services such as gardening, hosting virtual art classes, assisting with grocery shopping or learning a language.

The key concept of timebanking is that everyone has something to offer, everyone could use help sometimes, and everyone's time is of equal value, regardless of the type of service provided. Timebanking is based on the time you volunteer. There is no exchange of currency.



We are now accepting new member applications for both individuals and organizations. For more information, contact Nydia DiCarali, the project coordinator at [coordinator@agefriendlyglencove.com](mailto:coordinator@agefriendlyglencove.com)

## **Updates from Age-Friendly Glen Cove**

We're always looking for passionate volunteers to assist with our age-friendly projects. We offer internships and mentorships for graduate, undergraduate, and high school students.

If you're interested in a short or long-term volunteer project or an internship, please

We would like to thank Mayor Pamela Panzenbeck, the City Council, and the Age-Friendly Glen Cove Advisory Board for their continued support and work on the city's action plan that was submitted to AARP in September. We will now move towards the implementation of action items across the following domains:

contact Vincenza Caruso at  
[agefriendlyglencove@gmail.com](mailto:agefriendlyglencove@gmail.com)



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

The full action plan and information about each domain can be viewed on our website!

[Visit our website](#)

"Well-designed, age-friendly communities foster economic growth and make for happier, healthier residents of all ages."

- AARP  
<https://www.aarp.org/livable-communities/network-age-friendly-communities/>

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.

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

**130 Glen Street, Glen Cove, NY 11542**

**(516) 759-9610**

[agefriendlyglencove@gmail.com](mailto:agefriendlyglencove@gmail.com)

<https://agefriendlyglencove.com>

