



NASSAU COUNTY

Council on Aging

1974

50

2024

SENIORS LIVING HAPPY, HEALTHY LIVES

1970S

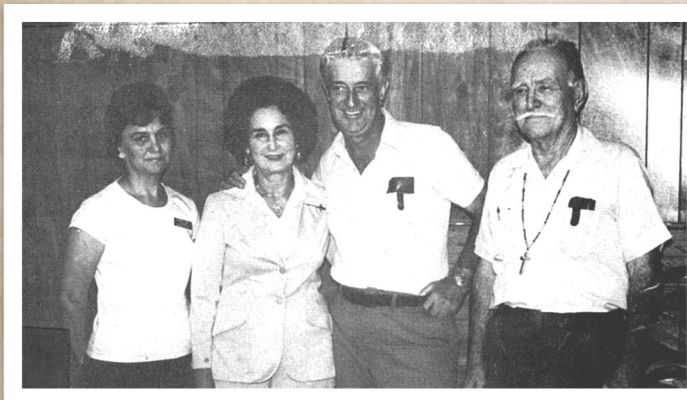
Time Machine

NCCOA HAPPENINGS

- The Council on Aging of Nassau County is officially launched on Feb. 15, 1974
- "Silver Threads" is a regular newspaper column authored by the COA
- The Hilliard branch moves into a larger office space
- Two station wagons are donated to provide transportation for seniors
- "How Can We Help?" is a popular program where seniors receive help with everyday items, such as toiletries and paper goods
- *Meals on Wheels* begins feeding Nassau County residents in 1978

AROUND THE NATION

- Sony introduces the Walkman
- "You Light Up My Life" by Debby Boone is the #1 song of the decade
- Farrah Fawcett hair is very popular
- "Star Wars" is the decade's #1 film
- Apollo 13 mission launched
- Nation celebrates 1st-ever Earth Day
- Global population is 3.7 billion
- America celebrates our bicentennial!



Jim Libby (center right), President, Council on Aging of Nassau County in the 70s.

SHOPPING IN THE 70S

- Gallon of Gas - \$0.36
- New Car - \$3,542
- Loaf of Bread - \$0.70
- Gallon of Milk - \$1.32
- Dozen Eggs - \$0.60
- Candy Bar - \$0.10
- New TV - \$500
- New Shoes - \$3.95
- Airfare - \$500 (NY - London)