



TOWN OF HUNTINGTON

Adult Day Care Newsletter

May 2025



Dear residents,

I hope that you are enjoying the springtime and everything it has to offer here in Huntington. It has gone by rather quickly, and soon we will begin the run up to summer. From important holiday celebrations to casual gatherings, there has been something for everyone to enjoy so far this spring, with plenty more to come.

There was an abundance of music at the Flanagan Center in April, provided by the musicians many of our seniors know and love. The seniors also celebrated warm weather and spring cheer with the Spring Hat Parade, a festive event to show spirit and enjoy the arrival of spring.

Last month, the Flanagan Center focused on health as well. With warmer weather already here, and significantly warmer weather well on its way, it is imperative that our seniors mind their health and take care of themselves the best they are able, and that they are provided with the appropriate knowledge to do so. We are fortunate that the Flanagan Center continues to provide opportunities for them to do so. In April, presentations were hosted on fall prevention and stopping wound bleeding. Additionally, the Center hosted a visit from the St. Francis Community Outreach Bus for seniors to undergo free health screenings. We are grateful to all those who so generously provide education and care for our seniors so that they may maintain their health.

Adult Day Care hosted holiday celebrations for several holidays in April. Within just a few days, the seniors received a visit from the Easter Bunny, celebrated Passover, and had a special Earth Day event just for them. The Town's Adult Day Care program is highly impactful and provides much-needed joy and reprieve for those who need it most, from our senior participants to their families. Here in Huntington, we frequently hear from the family members of our Adult Day Care participants – their testimonies remind us just how important programs like this are. I am endlessly thankful for the dedication of our Adult Day Care staff and the truly essential work they do each and every day.

Many of the senior clubs across Huntington held their installation ceremonies in April, honoring their newly-elected officers. The Flanagan Center may be a home base for Huntington's seniors, but it is wonderful to see the continued expansion of the membership of senior clubs throughout the town.

This month will bring even more musical performances, celebrations, and parties to the Flanagan Center. The festivities will begin with a May Day Party on May 2, followed by music scattered throughout the month for our seniors' enjoyment. On May 22, the Memorial Day ceremony will honor the legacy of those who have served bravely in defense of our nation, featuring a Color Guard, guest speaker US Army Captain Gerard Asher, and music by DJ Bob. For dates and times for all of this month's happenings, please see the calendar.

I would like to extend my thanks to the Senior Division for their continued dedication to making the Flanagan Center the happiest place in Huntington. I hope to see you all around this month.

Regards,

Ed Smyth, Supervisor



**Councilman
Dr. Dave Bennardo**



**Councilman
Salvatore Ferro**



**Supervisor
Edmund J. Smyth**



**Councilwoman
Brooke A. Lupinacci**



**Councilwoman
Theresa Mari**

Town Board Meetings: Tuesday, May 13, 2025 @ 2:00 pm



TOWN OF HUNTINGTON

Edmund J. Smyth, Supervisor

DEPARTMENT OF HUMAN SERVICES

Kevin Thorbourne, Director

(631) 351-3304

HumanServices@HuntingtonNY.gov

423 Park Avenue
Huntington, New York 11743

Senior Citizens Division

Julia Frangione, Director (631) 351-3253

Minority Affairs

Kevin Thorbourne, Director (631) 446-3723

Veterans Affairs

Carol Rocco, Coordinator (631) 351-3012

Women Services

Julia Frangione, Coordinator (631) 351-3253

Persons with Disabilities

(631) 446-3726

Human Services Institute

(631) 446-3726

Senior Center Manager <i>Geri VanDyke</i>	(631) 351-3253
Adult Day Care <i>Rachel Michaelis, Program Supervisor</i>	(631) 351-3293
Community Dev., Senior Housing <i>Heather Warringer</i>	(631) 351-2881
EISEP, Volunteers, Senior Clubs, Beach House <i>Maria Soskel, Coordinator</i>	(631) 351-3253
Hands on Huntington <i>Beth Del Giudice, LMSW, Director</i>	(631) 351-6610
Home Delivered Meals <i>Rose Ramirez, Program Supervisor</i>	(631) 446-3783
Senior Center <i>Michele Foulke, Senior Advocate</i>	(631) 446-3702
Home Maintenance/Repair Program <i>Don McIntosh, Crew Leader</i>	NEW! Direct Line (631) 446-3721
Senior Social Worker <i>Laurie Byrne, LMSW</i>	(631) 351-3253
Town Hall	(631) 351-3000

Huntington Senior Citizens Board of Directors

Maureen Strein, Chairperson

SENIOR CENTER 423 Park Avenue, Huntington NY 11743

Monday - Friday 8:30 AM - 4:30 PM

Seniors@HuntingtonNY.gov

(631) 351-3253

www.TOHSeniors.com

TOWN OF HUNTINGTON

Edmund J. Smyth, Supervisor



ADULT DAY CARE NEWSLETTER

May 2025

Special Events

Monday, 5th

Cinco de Mayo Celebration with Alex Alexander

Wednesday, 7th

Oyster Bay Senior Campus Music Bingo

Friday, 9th

Mother's Day Breakfast

Monday, 12th

Piano Time with Remy D'Esposito

Thursday, 15th

Senior, Senior Prom With D.J. Bob

Friday, 16th

The Harmonizers Sing

Monday, 19th

Long Island Museum: Spring Scenes

Friday, 30th

Dance Party with Mary Peck

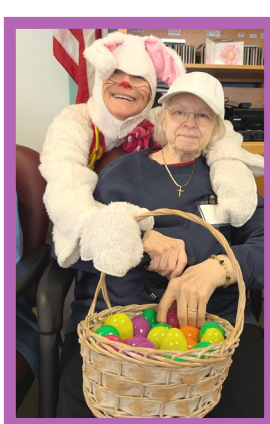
Dr. Dave Bennardo
Councilman

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Theresa Mari
Councilwoman

The Easter Bunny Visits

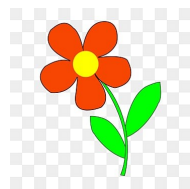
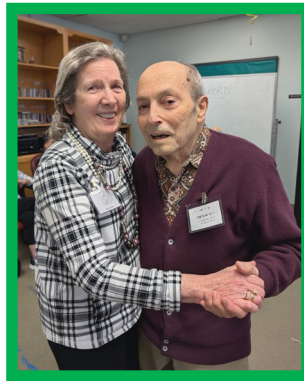


Beer Pong

Passover Treats






















Earth Day Celebration



MONDAY

TUESDAY











WEDNESDAY

ALTERNATIVE ACTIVITIES		
Jigsaw Puzzles, Crossword Puzzles, Word Search, Arts & Crafts Project, Computer Time, Read the Newspaper, Patio Time, Recliner Relaxation, Music Listening	To receive our Newsletter by email, register at: HuntingtonNY.gov/ADC Click on Notify Me Enter your email and check box for Adult Day Care	
5 Manicotti w/ Meat Sauce	6 Roast Pork Dijonnaise	7 Beef Stew
Billiards Cinco de Mayo Trivia  Person, Place or Thing? <i>Cinco de Mayo Celebration with Alex Alexander</i> Spanish Lessons	Jeopardy  What's in The News  Cheese Toss  Words, Words, Words	Small Group Programs  Guesstures <i>Oyster Bay Senior Campus Music Bingo</i> Temperatures Rising 
12 Lasagna Rollups	13 Roast Pork	14 Sloppy Joes
Small Group Programs  Military Spouse Day <i>Piano Time with Remy</i> Horseshoes <i>Happy Birthday Rosemary C. & Bernadette P.</i> 	Wheel of Fortune  National Apple Pie Day Disc Toss All About May	Interesting Facts  Ball Trivia Bowling Where am I? 
19 Stuffed Cabbage	20 Pork Milanese	21 Meat Loaf
Billiards Current Events Let's Reminisce <i>Long Island Museum Spring Scenes</i>  Golf	National Rescue Dog Day Name Ten <i>Chair Yoga with Sally</i> Riddle Me  	Arts & Crafts  International Tea Day Ring Toss Rebus Puzzles 
26 CLOSED	27 BBQ Roast Pork	28 Swedish Meatballs
 Remember and Honor MEMORIAL DAY	Stars & Stripes  Spelling Bee Star Game Memorial Day Trivia	National Senior Fitness Day Gym Words Exercise Bingo Fitness Test 

May 2025

THURSDAY

FRIDAY

1 Roast Turkey Billiards Mother Goose Day Name that Rhyme Egg Toss Mother Goose Crossword 	2 Shrimp Scampi 151st Kentucky Derby Unusual Animals Horse Racing Wackiest Laws in Every State <i>Happy Birthday Fred S.</i>  
8 Chicken Piccata Billiards Have a Coke Day <i>Brain Gym with Emily</i> Coke Craft Coca Cola Ring Toss 	9 Krab Cakes <i>Mother's Day Breakfast</i> Famous Mothers Mother's Day Quotes History of Mother's Day Mother's Day Game 
15 Chicken Parmesan Billiards Current Events Prom Memories <i>Senior, Senior Prom with D.J. Bob</i> Bingo Bonanza  	16 Salmon Biographer's Day What's Your History <i>The Harmonizers Sing</i> Baseball 
22 BBQ Chicken Billiards Red Nose Day Mind Joggers Animal Habitat Open Mic  	23 Potato Crusted Cod National Tap Dancing Day Health Facts Shell Game Bingo Bonanza <i>Happy Birthday John P.</i>  
29 Meat Loaf Billiards Vegas Bingo Members' Council Bowling Foods that Heal <i>Happy Birthday Pat P.</i>  	30 Shrimp Scampi Current Events <i>Dance Party with Mary Peck</i> Star Game Word Power <i>Happy Birthday Paul S.</i> 

ALTERNATIVE MEALS

Peanut Butter & Jelly
 Cheese Sandwich
 Scrambled Eggs
 Served with vegetable, carbohydrate & dessert of the day.

ONGOING

- ◆ Current Events
- ◆ Sittercise
- ◆ Sing-A-Long
- ◆ SGA-Small Group Activity
- ◆ Language Class
- ◆ Brain Gym

Special Events

Monday, 5th@ 1:15

Cinco de Mayo
 Celebration with
 Alex Alexander

Wednesday, 7th@ 1:15

Oyster Bay Senior
 Campus Music Bingo

Friday, 9th

Mother's Day Breakfast

Monday, 12th@ 1:15

Piano Time with
 Remy D'Esposito

Thursday, 15th@ 1:15

Senior, Senior Prom
 with D.J. Bob

Friday, 16th@ 1:15

The Harmonizers Sing

Monday, 19th@ 1:15

Long Island Museum:
 Spring Scenes

Friday, 30th@ 10:45

Dance Party
 with Mary Peck

The Nutrition Center is sponsored by the Town of Huntington with funding provided by US Administration for Community Living through New York State Office for the Aging and Suffolk County Office for the Aging.

TOWN OF HUNTINGTON



SENIOR CENTER SUPPORT SERVICES

Laurie Byrne, LMSW

(631) 351-3253 Ext. 3780 LByrne@HuntingtonNY.gov



Support Services for Caregivers

Funding provided by New York State Office for the Aging and
Suffolk County Office for the Aging.
Caregivers Support Service Project 2024

IF YOU REQUIRE SENIOR SUPPORT SERVICES, PLEASE CALL THE SENIOR CENTER
MONDAY THROUGH FRIDAY BETWEEN 9:00 AM - 4:00 PM FOR ASSISTANCE: (631) 351-3253

Pink Membership card is required to participate in any program.

SUPPORT GROUPS	MAY DATES	PLACE	TIME
Initial Spousal Loss Intake required	<i>12-week series:</i> Wednesday: 7, 14, 21, 28	Room 106	1:30 - 3:00 PM
Next Steps Group for those who have lost a spouse Intake required	<i>12-week series:</i> Monday: 5, 19	Room 106	1:30 - 2:30 PM
The Road Now Traveled Intake required	Monday: 12	Room 106	1:30 - 2:30 PM
Caregiver Support Group	Friday: 2, 16, 30	Room 106	10:30 AM - 12:00 PM
Caregiver Yoga with Sally	Tuesday: 6, 13, 20, 27	Room 106	2:15 - 3:15 PM
Veterans Support Group w/ Ron	Thursday: 15	Library	10:30 - 11:45 AM

INITIAL SPOUSAL LOSS: Those who have recently experienced the death of a spouse can work through grief, examine feelings and discover inner strengths - all within a caring and supportive setting. Group size limited. For information, and required intake and registration paperwork contact: Laurie Byrne, LMSW (631) 351-3253 x-3780 or LByrne@HuntingtonNY.gov.

NEXT STEPS GROUP FOR THOSE WHO HAVE LOST A SPOUSE: Many participants choose to continue in a group setting. This support group, in collaboration with Suffolk YJCC, encourages individuals to take steps towards new routines and activities, even as they continue to grieve. Group size limited. For information and required intake, please contact: Laurie Byrne, LMSW (631) 351-3253 x-3780 or LByrne@HuntingtonNY.gov.

THE ROAD NOW TRAVELED: is a group for those further along the bereavement journey and are ready to explore discussions related to new roles, routines, and activities. Intake by Laurie Byrne required.

CAREGIVER RESPITE PROGRAM: While caregivers attend the **Caregiver Support Groups and/or Calling All Caregiver Events**, respite care is available for your loved one in our Adult Day Care Program. Please call **two days** in advance for a respite care appointment at (631) 351-3293.

VETERANS SUPPORT GROUP: An intimate group setting whereby participants bond, share and grow. For information contact: Ronald Worrell (631) 351-3253 Ext. 3752 or RWorrell@HuntingtonNY.gov.

SUFFOLK COUNTY OFFICE FOR THE AGING: SENIOR ADVOCATE

Wednesday, May 21 from 8:30 am - 1:30 pm

A Senior Advocate from Suffolk County will be available to educate eligible seniors in the Town of Huntington/Suffolk County area, to apply for programs/benefits they may qualify for. Programs that foster economic independence such as: Supplemental Nutrition Assistance Program (SNAP), Medicare Savings Program (MSP) and HEAP. **Must call (631) 351-3253 to schedule an appointment.**



TOWN OF HUNTINGTON SENIOR CITIZENS BEACH HOUSE AT CENTERPORT BEACH

239 Little Neck Road, Centerport
Beach House: (631) 261-9186 Cottage: (631) 261-1058
Game Room and Snack Bar open!

COME SOCIALIZE AND ENJOY THE BEAUTIFUL VIEW OF CENTERPORT BAY!
Sunday: Noon - 4:45 pm Monday through Thursday 10:00 am - 3:45 pm
CLOSED: Monday, May 26 in observance of Memorial Day

**Book Your 2025 Rentals
Senior Beach House Pavilion**
Please Contact: Zaida Mannetta
(631) 446-3709
Zmannetta@HuntingtonNY.gov



*Complimentary
Mother's Day Treat*
Sunday, May 11 ▪ 12:30 - 3:30 pm

MAY ACTIVITIES AT THE BEACH HOUSE

ALL ACTIVITIES REQUIRE A TOWN OF HUNTINGTON SENIOR MEMBERSHIP CARD
MEMBERSHIP CARDS FOR PROGRAM AND ACTIVITIES ARE AVAILABLE AT
THE SENIOR BEACH HOUSE OR JOHN J. FLANAGAN SENIOR CENTER

ACTIVITY	DAY	PLACE	TIME
Bridge	Sunday	BH/Large Card Room	12:30 am - 4:15 pm
Pool Sharks (Informal)	Sunday	Cottage	12:30 am - 4:15 pm
Ping Pong	Mon./Tues./Wed.	Cottage	10:00 am - 3:00 pm
Mahjong (Informal)	Monday	BH/Large Card Room	10:30 am - 12:30 pm
Just Jammin' (Informal Music Group)	Monday Wednesday	Cottage/Bayview BH/Cottage	Noon - 3:00 pm 10:00 am - 1:00 pm
Laurel Senior Club	Wednesday	Bayview Room	10:30 am - 1:30 pm
Harbormasters Art Group	Thursday	BH/Bayview	10:00 am - 1:30 pm
Advanced Art *REGISTRATION REQUIRED*	Thursday	Cottage	10:00 am - Noon
Beginner/Intermediate Art *REGISTRATION REQUIRED*	Thursday	Cottage	1:00 pm - 3:00 pm
Harmonizers	Thursday	Large Card Room	1:00 pm - 3:00 pm

Schedule subject to change - Seniors must provide their own art, card and/or game supplies



TOWN OF HUNTINGTON

SENIOR CENTER



ISLAND HARVEST
FEEDING AMERICA

Nourishing Long Island's Future

FOOD DISTRIBUTION

3RD THURSDAY OF EVERY MONTH

★ SENIOR CENTER REAR PARKING LOT ★

1:00 PM - 2:00 PM



ISLAND HARVEST OPERATION:
HOPE



- **AVAILABLE TO SENIOR VETERANS AND VETERAN SPOUSES**
- **HEALTHY FOOD PROVIDED TO VETERANS AND VETERAN SPOUSES BY VETERANS**



Commodity Supplemental Food Program
a Senior Food Assistance Program



- **FREE MONTHLY NUTRITIOUS FOOD PACKAGES FOR SENIORS**
- **60 YEARS OF AGE OR OLDER**
- **NY STATE RESIDENT**
- **NON-US CITIZENS WELCOME**
- **INCOME VERIFICATION -**
 - **\$1,580 MONTHLY GROSS INCOME PER SENIOR**



REPRESENTATIVES FROM ISLAND HARVEST WILL ALSO BE AVAILABLE FOR ANY QUESTIONS YOU MAY HAVE



Edmund J. Smyth
Supervisor

Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman

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Theresa Mari
Councilwoman

Hands on Huntington NNORC

Hands on Huntington, a Neighborhood Naturally Occurring Retirement Community program, is a program provided at no cost to seniors age 60 years and older.

If you reside in their catchment area, including parts of Greenlawn, East Northport or Huntington, this program can assist you with at home access to a social worker for case management, a nurse for health assessments and educational programs. Services are geared to keeping seniors in their homes and community, living as independently as possible.



Beth, Joyce, Bunny

For information, please call: (631) 351-6610

<https://huntingtonny.gov/hands-on-huntington>

Director: Beth Del Giudice, LMSW

Social Worker: Joyce Little, LMSW

Nurse: Bunny Karalitzky, RN MS

ADVISORY BOARD MEETING

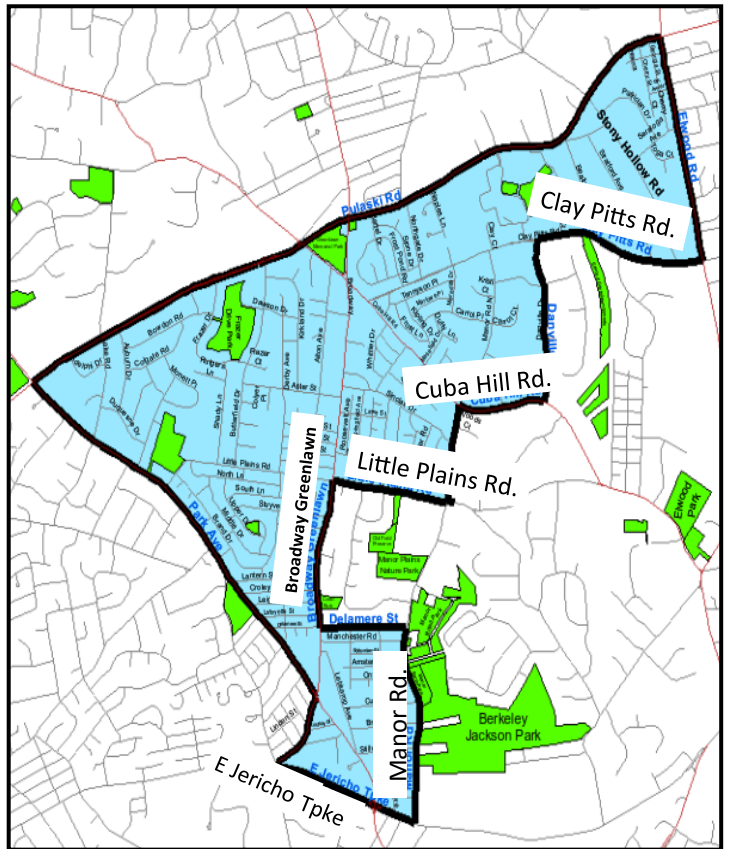
Paumanack Village I & II Community Center
650 Paumanack Village Dr., Greenlawn, NY 11740

Thursday, May 29, 2025
11:00 am

ADVISORY MEETING: Join us for a discussion about what you would like to see in your neighborhood for seniors and what Hands on Huntington is currently offering. A Health Chat with Bunny Karalitzky, RN, MS will follow the discussion. Meet your neighbors and get involved.

ALL ARE WELCOME!

For additional information on these great events please contact HOH at (631) 351-6610



You are eligible to participate in this program if you live anywhere in the area shaded in blue.

This project is grant funded by the New York State Office of the Aging (NYSOFA) and supported by the Suffolk Y Jewish Community Center and the Town of Huntington.



Edmund J. Smyth
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FREE GUITAR LESSONS FOR HUNTINGTON SENIORS

Guitar Lessons with Brent and Kevin

We invite you to join us for these fun guitar lessons!

Mondays: 2:00 - 3:30 pm - beginning May 5

Bring your own guitar!

Did you play guitar when you were in school? Maybe you picked it up later on in life, but work/life balance got in the way. We have an opportunity for you to learn and enjoy guitar lessons tailored specifically for senior citizens.

Learning to play the guitar can be a wonderful and fulfilling experience, offering numerous benefits such as improving cognitive function, enhancing memory, and providing a creative outlet. Whether you are a complete beginner or have some musical experience, our guitar lessons are designed to cater to all skill levels.

The instructors are former performing musicians and will guide you through the basics of guitar playing, including chords, strumming patterns, and simple songs. The lessons are conducted in a relaxed and supportive environment at the Huntington Senior Center.

If you are interested or have any questions, please feel free to contact The Senior Center Front Office (631) 351-3253. We look forward to welcoming you to our guitar lessons and sharing the joy of music with you.

What you need to bring to the lessons:

- A guitar. Acoustic or electric with a small practice amp.
- A guitar tuner, available at any of the local music stores, online or an app on your smart phone.
- A notebook for notes regarding the songs we are learning.
- An e-mail address. We will be displaying the sheet music on a Smartboard in the classroom, but we will send all the students a copy to their e-mail.
- If you need to have the sheet music closer to you when you are learning the song you may need to have a portable music stand to hold the music.

Music has a unique way of bringing joy and enriching our lives. We believe that it is never too late to learn something new and that music can be a source of enjoyment and satisfaction at any age.



Edmund J. Smyth
Supervisor

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Councilman

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TOWN OF HUNTINGTON SENIOR CENTER



CLUB TRIPS - OPEN TO ALL SENIORS

Please see huntingtonny.gov/Senior-Club-Trips
for further details on some of the trips below.

FOR ALL TRIPS: Cancellation/No Show/Deposit monies are not refundable unless you find a person who can take your place. Completed Trip Release Form is required to go on any trip.

**HILLS CLUB: Contact Bill billverd2275@yahoo.com or
(631) 335-0996 (Mon.-Fri. 10 am - 5 pm)**

Checks Payable to: Huntington Senior Citizens Association Hills Unit
In envelope, along with check, include your telephone number and choice of pick up location:
1018 Pulaski Road, East Northport - or - 95 Old Country Road, Melville
Mail to: Bill Verdolino, 34 Ross Avenue, Melville, NY 11747

Wind Creek Casino

Wednesday, June 18, 2025

\$55

Transportation & all tips. \$30 slot cash from the casino (subject to change). You must bring identification (ID). Pay in full on sign up. You can shop the Outlets (Coach, Tommy Hilfiger and more!)

Brotherhood Winery Tour Lunch at 1839 Restaurant

Wednesday, August 13, 2025

\$159

Transportation, tour, 5 tastings and lunch at **1839 Restaurant** with beer, wine & soda. Only room for 50. Pay in full on sign up. Menu: Tossed garden salad with fresh baked breads. Choice of: Chicken Piccata or Roasted Salmon. Entrée served with fresh market vegetable and roasted potato. Dessert: fresh baked cookie platters, coffee & tea. **Only 20 seats open!**

Christmas Sights & Sounds of Lancaster Featuring Deck the Halls & Noah

Wednesday-Friday, November 12-14, 2025

\$622 per person double occupancy

\$761 per person single occupancy

\$100 Deposit with your telephone number to hold spot. Final payment by September 2. Transportation/2 nights lodging/2 breakfasts/2 dinners: Smorgasbord dinner and Amish Homestead/Noah at Sight & Sound Theatre/Deck the Halls Christmas Show at American Music Theatre/Stone Gables Estate: National Christmas Center & Holiday Express Train Ride/Kitchen Kettle Village/Bird-in-Hand Farmers Market/Souvenir Gift/taxes & all gratuities. Cancellation insurance available & highly recommended. Departure will be from St. Elizabeth of Hungary Church. (Park in rear far right) 175 Wolf Hills Road, Melville, NY.

LARKFIELD CLUB: Contact Kathy G. (631) 560-2490 or kandrg@msn.com

***Pindar Vineyards Tour and Wine Tasting* Tuesday, September 16, 2025 \$135 per person**
Price includes: transportation, lunch, 5 wine tastings, tour, entertainment and all tips.
Pay in full on sign-up. **Last call is Monday, June 30.**



TOWN OF HUNTINGTON FAMILY EARTH DAY

Presented by

Supervisor Ed Smyth & Councilman Salvatore Ferro

IN PARTNERSHIP WITH

Reworld™

COUNTY LINE HARDWARE



Huntington Hospital
Northwell Health®



HUNTINGTON
TOWNSHIP
CHAMBER OF COMMERCE
SERVING THE GREATER HUNTINGTON AREA



SEASONAL 'SCAPES LI



Repair Café
Toss it? No way!

MARIO'S

THE HOME
DEPOT

Dough & Co. Pizza



Learn about our beautiful planet while enjoying food, music, and FREE activities and services.

SATURDAY MANOR FARM PARK
MAY 3 210 MANOR ROAD
10 AM - 2 PM HUNTINGTON



- Paper Shredding
 - Repair Cafe LI - Bring an Item to Repair
 - Shed the Meds - Suffolk County Second Precinct
 - Pet Adoptions & Live Animals
 - Beekeeping Demonstrations
 - Giveaways - Courtesy of Our Sponsors
 - Storytime - Harborfields Public Library
 - Composting & English Ivy Removal Demo
 - Touch a Truck - HART Bus
 - Face Painting
 - Arts & Crafts
 - Marine Touch Tank
 - Food Trucks
 - E-waste Disposal
 - Free Tree Saplings
 - Music by One Nite Band
- AND SO MUCH MORE!**
- For more information call:
(631) 351-3175

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Councilman

Salvatore Ferro
Councilman

Ed Smyth
Supervisor

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman



TOWN OF HUNTINGTON

INVITES YOU TO JOIN WITH OUR VETERANS AT THE

MEMORIAL DAY CEREMONY

SUNDAY, MAY 25, 2025

10:00 A.M.

HUNTINGTON TOWN HALL

VETERANS' PLAZA

100 Main Street

Front Lawn of Town Hall

(park in parking lot and walk through lobby to plaza)

For your convenience seating for all
Inclement weather we will move indoors

Performance by
HUNTINGTON MEN'S CHORUS

****Refreshments to Follow****

Department of Human Services
Kevin Thorbourne, Director

Veterans Affairs Division
Carol Rocco, Director

HUNTINGTON VETERANS ADVISORY BOARD
Bob Thomas, Chairman

For information call (631) 351-3012 Crocco@HuntingtonNY.gov

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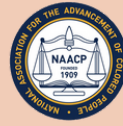


Human Services Institute Inc.

In Support of Town of Huntington Senior Center

HEALTH FAIR

IN COLLABORATION WITH



NAACP



Wednesday, June 4th, 2025

10:00 am - 3:00 pm

John J. Flanagan Senior Center

423 Park Avenue Huntington, NY 11743

(Entrance at the Red Awning)



Hearing Test
by Island Better Hearing

Blood Pressure, Cholesterol, Glucose Check
by Northwell Huntington Hospital

"Every Breath You Take"
Lung and Breathing Lecture
10:30am

"Your Gut and You"
Gastro Lecture
1:00pm

- Acupuncture
- Alzheimer's Education
- Assisted Living
- "Cancer Risk Factors and Prevention"
- Caregiver Services
- Chiropractor
- Dentistry
- Dermatology
- Diabetes Awareness and Education
- Disability Education
- Elder Law
- Fall Prevention

- Fitness
- Health Agencies
- Health Care Facility
- Home Care
- Imaging
- Massage Therapy
- Mental Health Education
- OB/GYN
- Orthopedic
- Palliative Care
- Pharmacy
- Physical Therapy

- Podiatry
- Rehab
- Senior Living
- Senior Services
- Skin Enhancement
- Stop the Bleed
- Stroke Awareness
- Surgery
- Vision Services
- Women's Health/Katz Center

AND MORE!



For more information: 631-351-3253

Human Services Institute Inc. is a 501 (c)(3) Not-for Profit Organization

Board Members

Edmund J. Smyth
President

Dr. Dave Bennardo
Vice President

Teena Nguyen
Treasurer

Kevin Thorbourne
Secretary

Free Rail Road Station Parking for Town of Huntington Seniors at designated locations



- ⇒ Northside of station/tracks - 4 spots
- ⇒ Southside of station/tracks - 5 spots
- ⇒ Free parking for Town of Huntington Seniors with current **Pink Senior Membership card**
- ⇒ Current Town of Huntington (TOH) Senior Membership card (pink) must be displayed face down on the car dashboard.
- ⇒ TOH Senior Membership cards available:
Flanagan Senior Center
423 Park Avenue, Huntington NY 11743
Monday - Friday: 10:00 am – 4:00 pm
Main Office - Room 103
- ⇒ Proof of Town of Huntington residency and proof of age required to get Senior ID card



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Theresa Mari
Councilwoman



CINEMA
ARTS
CENTRE



Our wonderful neighbor, Cinema Arts Centre has graciously extended an invitation to Seniors with a Town of Huntington **Pink Senior ID card** to attend *any matinée first showing* movie, Monday through Friday for a special fee of \$5.00. Most movies will be shown with open captions.

Thank you Cinema Arts for supporting our seniors!

Huntington Residents: Do you need a Helping Hand?

Local youth, ages 14-18, are available for:

Babysitting, Garage Cleanout, Gardening, House Cleaning,
iPhone/Computer Assistance, Yard Work

AND MORE!!!



(please call at least a week in advance to discuss use of services)

All applicants have completed an
Employment Workshop and have been screened.



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Project Excel (631) 271-5499

* Homeowner is responsible to pay youth for services rendered. *



Project Excel is a part of the Huntington Youth Bureau Youth Development Research Institute, which is a 501 c (3), Not for Profit organization funded through the Town of Huntington, New York State Office of Children and Family Services, The Suffolk County Youth Bureau, The Townwide Fund, BAE Systems, various fundraisers and private donations.

Easy Steps to Prevent Food Waste

Everyone is shopping smarter these days. It is important for the environment to keep food waste out of landfills where it produces methane, a powerful greenhouse gas.

Use these tips to save on groceries and help the environment.

1. Plan ahead



Before you go to the grocery store or order online, make a list so you don't buy more than you need.

2. Serve smart



Portion control is good for your waistline, and good for reducing plate waste.

3. Love your leftovers



Pack leftovers in small portions in shallow containers, mark the contents and date, refrigerate and use within 3 to 4 days or freeze immediately.

4. Compost, don't trash



Food scraps can be recycled into compost, an organic material that can be added to soil to help plants grow. Set up a home compost bin or drop your food waste at a local compost center.

Learn more about food loss and waste prevention at www.usda.gov/foodlossandwaste.

FDA FACT SHEET

WHAT YOU CAN DO

Tips to Reduce Food Waste

We can all play a part in reaching the national food waste reduction goal – to reduce food waste by 50% by the year 2030. Start using these tips today to reduce food waste, save money, and protect the environment.

At the grocery store or when eating out

- Preplan and write your shopping list before going to the grocery store. As you write your list, think about what meals you will be preparing the following week, and check your fridge to see what items you already have.
- When at the store, buy only what you need and stick to your shopping list. Be careful when buying in bulk, especially with items that have a limited shelf life.
- If available, purchase “ugly” fruits or vegetables that often get left behind at the grocery store but are safe to eat. “Ugly” produce has physical imperfections but are not damaged or rotten. “Ugly” fruits and vegetables are safe and nutritious and can sometimes be found at discounted prices.
- When eating out, ask for smaller portions to prevent plate waste and keep you from overeating. You can also request a take-away box to take leftovers home instead of leaving food on your plate.



In the kitchen – storage and prep

- Check the temperature setting of your fridge. Keep the temperature at 40° F or below to keep foods safe. The temperature of your freezer should be 0° F.
- Use the FoodKeeper App (<https://www.foodsafety.gov/keep/foodkeeperapp/>) for information on how to safely store different foods to maintain freshness and quality.
- Refrigerate peeled or cut veggies for freshness and to keep them from going bad.
- Use your freezer! Freezing is a great way to store most foods to keep them from going bad until you are ready to eat them. Check the FoodKeeper App (<https://www.foodsafety.gov/keep/foodkeeperapp/>) for information on how long different items can be stored in the freezer.
- Create a designated space in your fridge for foods that you think will be going bad within a few days.
- Check your fridge often to keep track of what you have and what needs to be used. Eat or freeze items before you need to throw them away.
- If you have more food on hand than you can use or you need, consider donating your extra supply of packaged foods to a local food pantry or a food drive.
- Learn about food product dating – Many consumers misunderstand the purpose and meaning of the date labels that often appear on packaged foods. Confusion over date labeling accounts for an estimated 20 percent of consumer food waste.
 - Except for infant formula, manufacturers are not required by Federal law or regulation to place quality-based date labels on packaged food.

- There are no uniform or universally accepted descriptions used on food labels for open dating (calendar dates) in the United States. As a result, there are a wide variety of phrases used for product dating.
- FDA supports efforts by the food industry to make “**Best if Used By**” the standard phrase to indicate the date when a product will be at its best flavor and quality. Consumers should examine foods for signs of spoilage that are past their “Best if used by” date. If the products have changed noticeably in color, consistency or texture, consumers may want to avoid eating them. If you have questions or concerns about the quality, safety and labeling of the packaged foods you buy, you are encouraged to reach out to the company that produced the product. Many packaged foods provide the company’s contact information on the package.
- Manufacturers apply date labels at their own discretion and for a variety of reasons. The most common is to inform consumers and retailers of the date to which they can expect the food to retain its desired quality and flavor.
- Industry is moving toward more uniform practices for date labeling of packaged foods. But, for now, consumers may see different phrases used for product dating, such as Sell By, Best By, Expires on, etc.

At home – cooking, serving, and enjoying food with family and friends

- Use “ugly” fruits or vegetables to whip up healthy smoothies and soups for your friends or family. No one will notice the difference!
- Be creative and have fun! Create new dishes and snacks with leftovers or items you think will go bad if not eaten soon. Have a cook off to find out who can come up with the best dish.
- Follow the 2-Hour Rule. For safety reasons, don’t leave perishables out at room temperature for more than two hours, unless you’re keeping it hot or cold. If the temperature is above 90° F, food shouldn’t be left out for more than one hour. Also, remember to refrigerate leftovers within two hours.
- Use serving size information on the Nutrition Facts label to help you portion meals or snacks. You can always add more to your plate after finishing off the first helping.
- Prepared too much food for a party at your home? Pack extras in containers for guests to take home or take some over to a neighbor as a nice gesture.
- Have a friendly competition with your friends or family members to see who can go the longest without any food waste.



For more information:

- [Food Waste Food Facts](#)

The FDA, an agency within the U.S. Department of Health and Human Services, protects the public health by assuring the safety, effectiveness, and security of human and veterinary drugs, vaccines and other biological products for human use, and medical devices. The agency also is responsible for the safety and security of our nation’s food supply, cosmetics, dietary supplements, and products that give off electronic radiation, and for regulating tobacco products.

Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration
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www.fda.gov



Your Prescription Medicine: Tips for Safe Storage and Disposal

Where do you keep your prescription medicine?

How and where you keep your medication can make a big difference when it comes to medication safety. Every year, two million people end up in the hospital due to drug-related injuries. This might include medication errors, adverse drug reactions, allergic reactions, or overdoses.¹

Safe and secure storage of your prescription medicine can help avoid accidental injuries.

How can I store my prescription medicine safely?

- **First, get organized.** Check to see if any of your prescription medicines are expired, since taking expired medication may no longer be safe or effective. Make sure your prescription medicine is stored in the original packaging, with the safety lock tightened and secured.
- **Second, secure your medicine.** Safe storage of these controlled medications is especially important, as they can be dangerous if taken when not prescribed.

How can I dispose of my prescription medicine safely?

You should dispose of any unused or expired prescription medicine as soon as possible. Timely disposal of prescription medicine can reduce the risk of others taking the medication accidentally or misusing the medication intentionally.

The best and most environmentally-friendly way to dispose of your prescription medicine is through a drug take-back program. The U.S. Drug Enforcement Administration (DEA) periodically provides drug disposal sites in communities across the nation. The DEA also has permanent drug disposal sites in certain pharmacies or hospitals.

Get more information about drug disposal and a disposal site locator at takebackday.dea.gov.

What if there are no drug disposal sites in my area?

If there are no disposal sites in your area, there are ways to safely dispose of your medication at home.

- **First, read the packaging label on your medication.** Controlled substances and other medicines can be harmful if ingested by others, so the label might have special disposal instructions that you should follow.
- **If there are no special disposal instructions,** you can safely dispose of your medication in your household trash by following these four steps:
 - 1) Mix your medicine with an inedible substance like dirt, cat litter, or used coffee grounds.
 - 2) Put the mixture in a container, such as a sealed plastic bag.
 - 3) Throw the container in your household trash.
 - 4) Scratch out all the personal information on the prescription label of your empty medication bottle to make it unreadable. Then dispose or recycle the empty medication bottle.

1 See Office of Disease Prevention and Health Promotion (ODPHP) Adverse Drug Events at <https://health.gov/hcq/ade.asp>

2 See Food and Drug Administration (FDA) Disposal of Unused Medications: What You Should Know at <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm>

Spring Clean Your Way to a Safer Kitchen

When you're shaking off the winter with spring cleaning, it's a great time to target harmful bacteria that can lurk on kitchen surfaces and even in your refrigerator. *Salmonella*, *Staphylococcus*, *E. coli* and *Listeria* are just some of the bacteria that may be hanging out in your kitchen. While you can't see or smell BAC! (foodborne bacteria) they are everywhere, and they especially like moist environments. A clean and dry kitchen helps Fight BAC!® and protect you and your family from foodborne illness.

Clean vs. Sanitize: Know the Difference

It's important to know the difference between **cleaning** and **sanitizing**. They aren't the same thing. Both are important to help prevent the spread of harmful germs.

- **Cleaning** removes germs, dirt, and impurities from surfaces or objects. Cleaning works by using soap (or detergent) and water to physically remove germs from surfaces. This process does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.
- **Sanitizing** lowers the number of germs on surfaces or objects. This process works by disinfecting surfaces or objects using a diluted liquid chlorine bleach solution (combine 1 tablespoon liquid chlorine bleach with 1 gallon of water in a clean bucket).

When To Clean & When to Sanitize

When You Should Clean

- To remove dried food and spills from countertops
- To remove food from a stove top
- Wipe down interior refrigerator surfaces with hot water and soap

When You Should Sanitize

- Someone sneezed all over your countertop
- Someone sick touched your refrigerator door handle or faucet
- Raw meat juice spilled on countertop, stove, sink, floor or in refrigerator
- Raw meat touched a countertop, stove top, sink, utensil or cutting board or shelf in your refrigerator

Some cleaning tips you should practice year-round to make your kitchen and your meals safer include:

- Your counters may look clean, but BAC! may be hiding all over your kitchen. Always clean surfaces thoroughly with hot water and soap. After thoroughly washing surfaces with hot water and soap, you can sanitize them with a diluted chlorine bleach solution or a disinfectant kitchen cleaner. Let the solution stand on the surface for several minutes, then rinse with cold water and air dry or pat dry with fresh paper towels. Bleach solutions can lose their effectiveness over time, so discard unused portions after one week.
- Kitchen towels and sponges provide a moist environment for bacteria to grow. Consider using paper towels to clean up kitchen surfaces. When done, throw away the towel. If you use cloth towels, wash them often in the hot cycle of your washing machine. If you use kitchen sponges, replace them frequently.
- Rid your fridge of spills, bacteria, mold and mildew. Clean your refrigerator weekly to kill germs that could contaminate foods. To tackle bacteria, mold and mildew, clean interior refrigerator surfaces with hot water and soap. Rinse with a damp cloth; dry with a clean cloth. Manufacturers recommend against using chlorine bleach, solvent cleaning solutions, or abrasives as they can damage seals, gaskets and linings.
- Food particles get trapped in the drain and disposal, creating the perfect environment for bacterial growth. Clean your kitchen sink, drain and disposal once or twice a week with warm water and soap. Disinfect your drain and disposal by pouring in a solution of 3/4 teaspoon chlorine bleach per quart of water.
- Microwaves often get overlooked in day-to-day cleaning, but you can get your microwave clean with just a few steps. Heat a microwave-safe bowl filled with water on high for approximately 4 minutes. Remove bowl and use hot water and dish soap to wipe down the microwave interior. Dry with a fresh paper towel.

If you have more questions or concerns about food safety, contact:

- The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854). TTY 1-800-256-7072.
- The Fight BAC!® Web site at fightbac.org
- Gateway to Government Food Safety Information at www.foodsafety.gov

The Partnership for Food Safety Education is a non-profit organization and creator and steward of the Fight BAC!® consumer education program. The Partnership is dedicated to providing the public with science-based, actionable recommendations for the prevention of foodborne illness.

SPRING CLEANING FOR FOOD SAFETY

Spring is the time of year when most people start fresh – clearing out the old and bringing in the new. Make these guidelines a yearly ritual and get your season off to a good start with these helpful fridge and freezer tips for protecting your family.

Check & Chuck – Look at the labels of everything in the fridge and throw out any unlabeled items or those that have expired. To prevent unnecessary waste, keep a permanent marker by the fridge and label everything before storing it. Remember: Don't keep any leftovers longer than 5 days.

Wipe Out – Remove all food and drinks from your refrigerator while you clean and disinfect it. Using warm soapy water, clean the sides, doors, door seals, ceiling and back removing all grime (and traces of soap). Then, using a fresh cloth, wipe down all surfaces of the refrigerator with disinfectant.

The Door – The door is the warmest part of the fridge and not designed for easily perishable foods including eggs and milk. Make sure all non-condiment items are in the innermost part of the fridge.

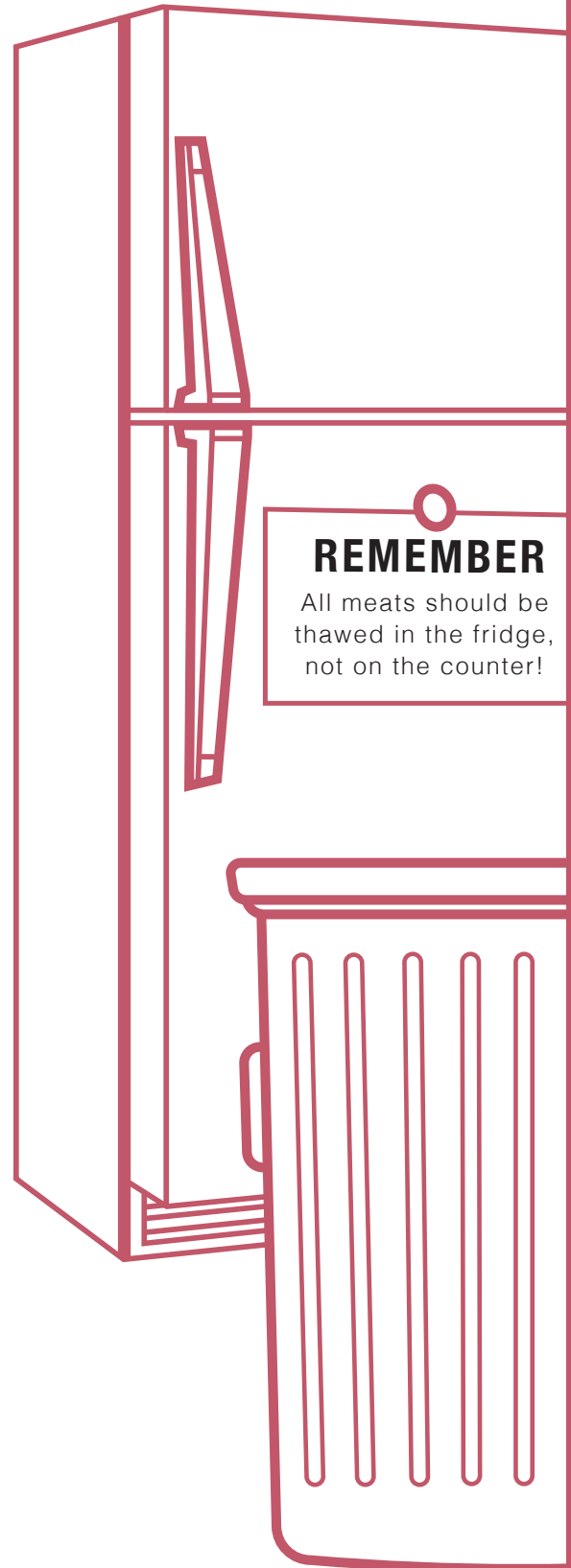
The Bottom Shelf – Move meats to the lowest shelf. This way, if they ever leak, the juices won't drip on other fresh items.

Cool It – Use a thermometer to make sure your fridge is at least 40°F and your freezer is at least 0°F. In warmer months, the internal temperature of your fridge may increase, so check it annually.

Be Energy Efficient – Food stays fresher longer when the fridge can breathe. Ensure all items in the fridge have adequate air flow around them. While it is convenient to bulk shop, packing your fridge to the gills means that some foods will become too cold, while others aren't kept cold enough. Incidentally, the freezer is most efficient when it is as full as possible.

Freezer Burn – While freezer burnt items may not be pretty, they're still safe to eat. To maintain food quality, remove as much air from the package as possible, and freeze quickly.

Keep Cool – Bananas, onions, whole tomatoes, avocados, potatoes, and coffee – ground or beans should be kept in a cool, dry place, but not in the fridge.



All unrefrigerated food items should be kept far from cleaning supplies.

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C & C Meats	249 Old Walt Whitman Road	Huntington	631-271-6504	10% Off Tuesdays Only
C Town Supermarket	1662 New York Avenue	Huntington Sta.	631-673-5878	10% Off Wednesday Only
Community Market	108 Depot Road	Huntington Sta.	631-423-0648	10% Off Wednesday Only
Copenhagen Bakery	75 Woodbine Avenue	Northport	631-754-3256	20% Off Monday Only
Country Bagels	361 Route 25A	Northport	631-261-7821	1/2 Off 6 Bagels/Limit 6
Craft Shoes	6149 Jericho Turnpike	Commack	631-499-5773	20% Off Excl. Sale Items
Dunkin	15 Southdown Road	Huntington	631-424-0647	5% Off Daily
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Family Care Pharmacy	33 Walt Whitman Road	Huntington Sta.	631-350-6400	10% Off (Limitations Apply)
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Huntington Dental	1 Schwab Road	Melville	631-673-1862	20% Off Daily
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IGA	301 Clay Pitts Road	East Northport	631-368-1661	5% Off Tuesdays Only
IHOP	259 Old Walt Whitman Road	Huntington Sta.	631-423-8760	10% Off Reg. Price Menu
Jones Drug Store	100 Main Street	Northport	631-261-7070	10% Off (Limitations Apply)
Jonny D's Pizza	946 New York Avenue	Huntington	631-385-4444	10% Off Daily
Melville Deli	90 Broadhollow Road	Melville	631-351-9338	10% Off Daily
Mo's Bagels	75 Broadway	Greenlawn	631-754-2667	10% Off Monday - Friday
Mo's Bagels	707 Fort Salonga Road	Northport	631-754-6182	10% Off Monday - Friday
Moss Opticians	345 Main Street	Huntington	631-421-4211	10% Off Daily 65 & Older
Mozzarella's Pizza	1937 Jericho Turnpike	East Northport	631-462-0600	10% Off/\$15 Minimum
Mr. Handyman	514 Larkfield Road	East Northport	631-509-3539	5% Off Labor
North Shore Pharmacy	25 Southdown Road	Huntington	631-427-6262	10% Off Excl. Prescriptions
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