

TOWN OF HUNTINGTON HOME DELIVERED MEALS A P R I L 2 0 2 4



NUTRITION. WELLNESS. SUPPORT SERVICES

APRIL FUN FACTS

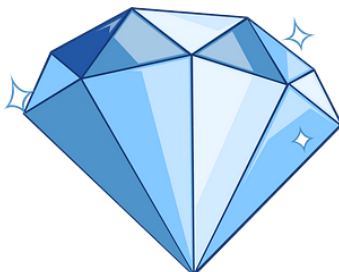
BIRTH FLOWER:

DAISY -



- SWEET PEA

BIRTH STONE:



DIAMOND

ZODIAC SIGNS:

ARIES -   - TAURUS



Edmund J. Smyth
Supervisor

Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman

Town Board Meeting: Thursday, April 11, 2024 @ 7:00 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) 446-3732

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, Asst. 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>Sarah Sussman, LMSW, Director</i> | (631) 351-6610 |
| Home Delivered Meals <i>Rose Ramirez, Senior Citizen Aide</i> | (631) 446-3783 |
| Senior Center <i>Michele Foulke, Senior Advocate</i> | (631) 446-3783 |
| Residential Repair <i>Lou Horne, Coordinator</i> |  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

To be determined, *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

DEPARTMENT OF HUMAN SERVICES
KEVIN THORBOURNE, DIRECTOR
KThorbourne@HuntingtonNY.gov



SENIOR CITIZENS DIVISION
JULIA FRANGIONE, DIRECTOR
JFrangione@HuntingtonNY.gov
HOME DELIVERED MEALS
ROSE RAMIREZ, SENIOR CITIZEN AIDE
RRamirez@HuntingtonNY.gov

2024

Dear Home Delivered Meal Recipient:

Welcome to The Town of Huntington's Senior Citizen Home Delivered Meal Program. This program provides home delivered meals to seniors who have difficulty managing their own nutritional needs.

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

State regulations require that all participants be given an opportunity to contribute to the cost of the service. We realize that each person has a unique financial situation. If you can afford to, and would like to contribute, the suggested voluntary and anonymous contribution is \$3.00 per meal. All individuals are encouraged to make voluntary and anonymous contributions towards the cost of the meal. Persons with a self-declared income at or above 185% of the Federal Poverty Level are encouraged to make a contribution equal to the actual cost of the meal which is \$10.86. For 2023, income at 185% of the Federal Poverty Level is \$26,973 for a household of one, and \$36,482 for a household of two.

Contributions to this service are voluntary and anonymous. Any amount you wish to contribute will be used to expand the program and will be greatly appreciated. Please be assured that no one is required to make a contribution and the service will not be denied to any person who is unable or unwilling to contribute. I invite your comments as to the quality of service provided or suggestions as to how the service may be improved.

Thank you for supporting the Town of Huntington's Home Delivered Meal Program. Contributions may be given directly to the delivery person in the envelope provided or mailed to the Senior Citizens Division address below. If contributing by check, please make checks payable to: **Town of Huntington** and write **HDM** in the memo.

Very truly yours,

Rose Ramirez

Rose Ramirez,
Senior Citizen Aide
Home Delivered Meals

DEPARTMENT OF HUMAN SERVICES
KEVIN THORBOURNE, DIRECTOR
KThorbourne@HuntingtonNY.gov



SENIOR CITIZENS DIVISION
JULIA FRANGIONE, DIRECTOR
JFrangione@HuntingtonNY.gov
HOME DELIVERED MEALS
ROSE RAMIREZ, SENIOR CITIZEN AIDE
RRamirez@HuntingtonNY.gov

TOWN OF HUNTINGTON
SENIOR CITIZENS NUTRITION PROGRAM
HOME-DELIVERED MEAL SERVICE
(631) 446-3783

Client information-Frozen Meals

1. Weekly Home Meals Are Available.
2. Our Meals Are Delivered From 10:30 to 12:30 on your designated day, not on Holidays, Saturday Or Sunday.
3. The Meals are delivered frozen. They Must Be Refrigerated (41 degrees or lower) immediately. Re-heat frozen food items a microwave oven for best results. Eat hot food hot and eat cold food cold. If the food does not taste right –DO NOT EAT IT!
4. You Must Be At Home To Receive These Meals.
5. If You Will Not Be At Home, Please Call By 9:30 AM (631) 446-3783 as soon as you can on the day of delivery.
6. If for any reason you do not answer the door for the meal your emergency contact will be notified. If unable to reach emergency number, we will check with your physician and local hospitals to see if you have been admitted to the hospital. If not, we will call the Suffolk county police, who are authorized to gain admission to your home to make certain you have not had an accident or become ill. We are not able to assume you are all right.
7. We will inform you by phone in an emergency, if we cannot deliver meals. Please keep food on hand for the holidays Saturdays, Sundays, and emergencies.
8. Suggested voluntary & anonymous contribution of \$3.00 is suggested for each meal. A small brown envelope for a contribution will be enclosed in your weekly cold package. Contributions can be given to the driver in cash or a check made out to "Town of Huntington.
9. There may be a waiting list for our home delivered meals.
10. Menus are subject to change without notice.

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

Home Delivered Meal Delivery Notice:

Five (5) frozen meals will be delivered on Tuesdays and Wednesdays ONLY.

The ready to eat meals are prepared by Zan's Delicatessen. All menus are reviewed and approved by a registered Dietitian at Suffolk County Office for the Aging.

\$3.00 suggested, voluntary, anonymous contribution per meal.

Individuals interested in obtaining additional information regarding the Town of Huntington's Senior Division Home Delivered Meals Program may contact Rose Ramirez at (631) 446-3783.



TOWN OF HUNTINGTON NUTRITION PROGRAM

REHEATING INSTRUCTIONS: REHEAT TO 165 DEGREES

**** DO NOT PUT THIS TRAY IN A TOASTER OVEN OR AIR FRYER ****

HEAT FROM THAWED FOR BEST RESULTS

MICROWAVE HEATING INSTRUCTIONS

- 1. PEEL BACK LID OR MAKE A SLIT IN EACH SECTION OF THE TRAY.**
- 2. START BY HEATING FOR 1 MINUTE, EITHER MIX OR FLIP DEPENDING ON THE MEAL, THEN HEAT IN 30 SECOND INTERVALS AS NEEDED.**

HEATING TIMES MAY VARY, ADJUST ACCORDINGLY.

- OR -

- 3. PLACE MEAL IN AN OVEN SAFE DISH AND REHEAT IN A CONVENTIONAL OVEN AT 350 DEGREES UNTIL INTERNAL TEMPERATURE REACHES 165 DEGREES.**
- 4. DO NOT PUT THIS TRAY IN A TOASTER OVEN OR AIR FRYER**
- 5. FROZEN MEALS ARE TO BE USED WITHIN 90 DAYS OF DATE PREPARED.**
- 6. DEFROSTED MEALS MUST BE USED WITHIN 5 DAYS OF DEFROST.**



APRIL SHOWERS WORD SEARCH



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| F | H | O | Z | D | U | Z | P | X | U | P | Z | E | O | E | U | R |
| F | L | O | W | E | R | S | R | W | E | H | V | O | I | C | W | W |
| J | R | J | W | L | P | L | I | M | N | W | L | K | C | R | O | L |
| F | M | U | L | E | Q | T | N | S | U | R | U | A | T | L | A | Z |
| C | Y | V | L | M | R | H | G | E | S | J | A | B | P | W | I | U |
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APRIL FOOL'S DAY

BEGINNING

CHOCOLATE

GREEN

PLANTING

SPRING

ARIES

BLOOM

EARTH DAY

GROW

PLOW

SUN

BASEBALL

BUNNY

EASTER

JELLYBEANS

PUDDLES

TAURUS

BASKET

CHICKS

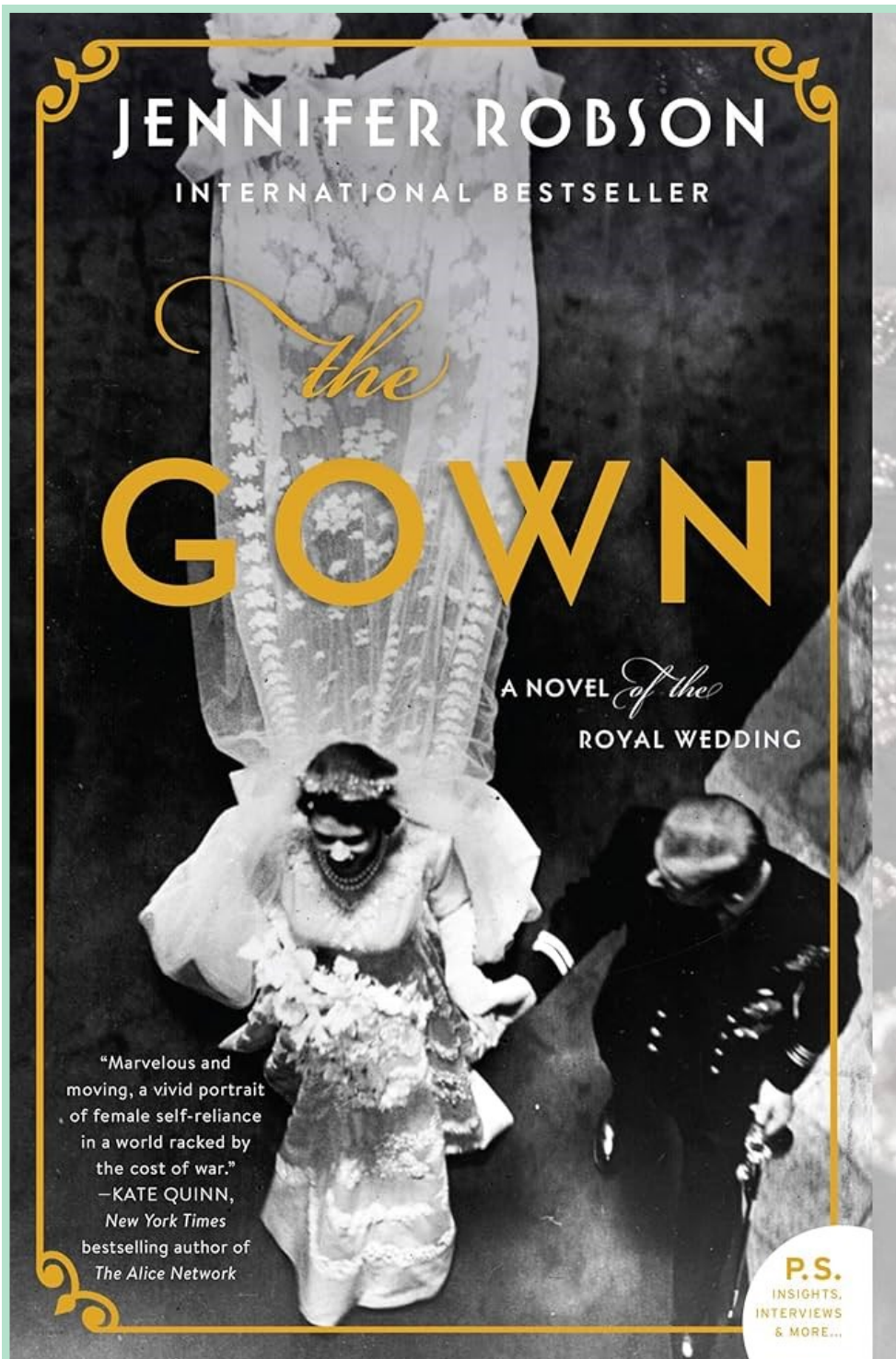
FLOWERS

JOKES

SHOWERS

WARMER WEATHER

TOWN OF HUNTINGTON SENIOR DIVISION
**BOOK
OF THE
MONTH**
A P R I L 2 0 2 4



With The Gown, Jennifer Robson takes us inside the workrooms where one of the most famous wedding gowns in history was created. Balancing behind-the-scenes details with a sweeping portrait of a society left reeling by the calamitous costs of victory, she introduces readers to three unforgettable heroines, their points of view alternating and intersecting throughout its pages, whose lives are woven together by the pain of survival, the bonds of friendship, and the redemptive power of love.



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!

Sundays: 12:00 am - 4:30 pm

Monday through Thursday: 10:00 am - 3:45 pm



Ping Pong Table
at the
Senior Beach House Cottage

Healing Hearts Social

Tuesday, April 16
11 am - 2 pm Bayview Room



APRIL ACTIVITIES AT THE BEACH HOUSE

ALL ACTIVITIES REQUIRE A TOWN OF HUNTINGTON SENIOR MEMBERSHIP CARD
MEMBERSHIP CARDS FOR PROGRAM AND ACTIVITIES
AVAILABLE AT SENIOR BEACH HOUSE OR SENIOR CENTER

| ACTIVITY | DAY | PLACE | TIME |
|----------------------------------------------------------------|---------------------|------------------------------------|------------------------------------------|
| Bridge | Sunday | BH/Large Card Room | 12:30 am - 4:15 pm |
| Pool Sharks (Informal) | Sunday Monday | Cottage Cottage | 12:30 am - 4:15 pm 11:30 am - 3:30 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* WAITLIST* | Thursday | Cottage | 10:00 am - Noon |
| Beginner/Intermediate Art *REGISTRATION REQUIRED* WAITLIST* | Thursday | Cottage | 1:00 pm - 3:00 pm |
| Harmonizers | Tuesday Thursday | Large Card Room Large Card Room | 1:00 pm - 3:00 pm 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 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 2023

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 | DAY | PLACE | TIME |
|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|----------|------------------|
| Widows and Widowers Support Group Pre-registration required | <i>12-week series:</i> Wednesday: April 3, 10, 17, 24 | Room 106 | 1:30 - 3:00 PM |
| Next Steps Group for Widows and Widowers Pre-registration required | <i>12-week series:</i> Monday: April 1, 8, 15, 22, 29 | Room 106 | 1:30 - 2:30 PM |
| Caregiver Support Group | Friday: April 5, 19 | Room 106 | 10:30 - 11:45 AM |
| Caregiver Yoga with Sally Call (631) 446-3705 to register each week, Friday/Monday prior to class | Tuesday: April 2, 9, 16, 23, 30 | Room 213 | 2:15 - 3:15 PM |
| Veterans Support Group with Ron | Thursday, April 18 | Library | 10:30 - 11:30 AM |

WIDOWS AND WIDOWERS SUPPORT GROUP: 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 WIDOWS AND WIDOWERS: 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.

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, April 17, 2024 from 8:30 am - 1:00 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

ADULT DAY CARE CENTER

423 PARK AVENUE, HUNTINGTON, NY 11743
(631) 351-3293
HuntingtonNY.gov/ADC

Welcome ...

to a caring and friendly place serving
frail seniors with special needs.

Caregiver respite

Low cost

Medicaid accepted

Transportation available



**OPEN ENROLLMENT
STOP IN FOR A TOUR
TODAY!**



Baking Club
Brain Gym
Creative Arts
Games
Gentle Exercise/Yoga
Hot Lunch & Snacks
Intergenerational Activities
Language Arts
Large and Small Group Activities
Music/Pitch Pipe Program
Parties/Entertainment
Themed Presentations
Trips to Centerport Beach House
... and so much more!



Edmund J. Smyth

Supervisor

Dr. Dave Bennardo

Councilman

Salvatore Ferro

Councilman

Brooke A. Lupinacci

Councilwoman

Theresa Mari

Councilwoman

Funding provided by Town of Huntington, the Administration for Community Living through
New York State Office for the Aging and Suffolk County Office for the Aging.



PUBLIC TRANSPORTATION

Local public transportation is available Monday through Saturday. The Town of Huntington's HART system (631) 427-8287 and Suffolk County Transit (631) 852-5200 operate a network of regularly scheduled bus routes that serve many of the places seniors might want to travel, including the Senior Center. Buses are handicap accessible. Senior citizens, individuals with disabilities, and Medicare cardholders are eligible to pay reduced fares.

Minibus service is also provided, at somewhat higher fares to persons who are prevented from using the regular buses because of a disability. This paratransit service is operated on a shared-ride, advance-request, curb-to-curb basis by HART (for rides entirely within the Town of Huntington at a **cost of \$4.00 one way**) and Suffolk County's SCAT program (for rides within Suffolk but not entirely within the Town). Both agencies require prior enrollment by application. Personal travel assistance is limited. HART also extends paratransit service, with reduced priority, to non-disabled senior citizen residents who do not drive and do not have access to regular buses. Paratransit is not offered as a more convenient alternative to regularly scheduled buses. **For information, call HART at (631) 427-8287 (TTY: 800-662-1220) and SCAT at (631) 738-1150 (TTY:(631) 981-0104) cost of \$4.00 each way.** Bus schedules are available at the Senior Center.

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.

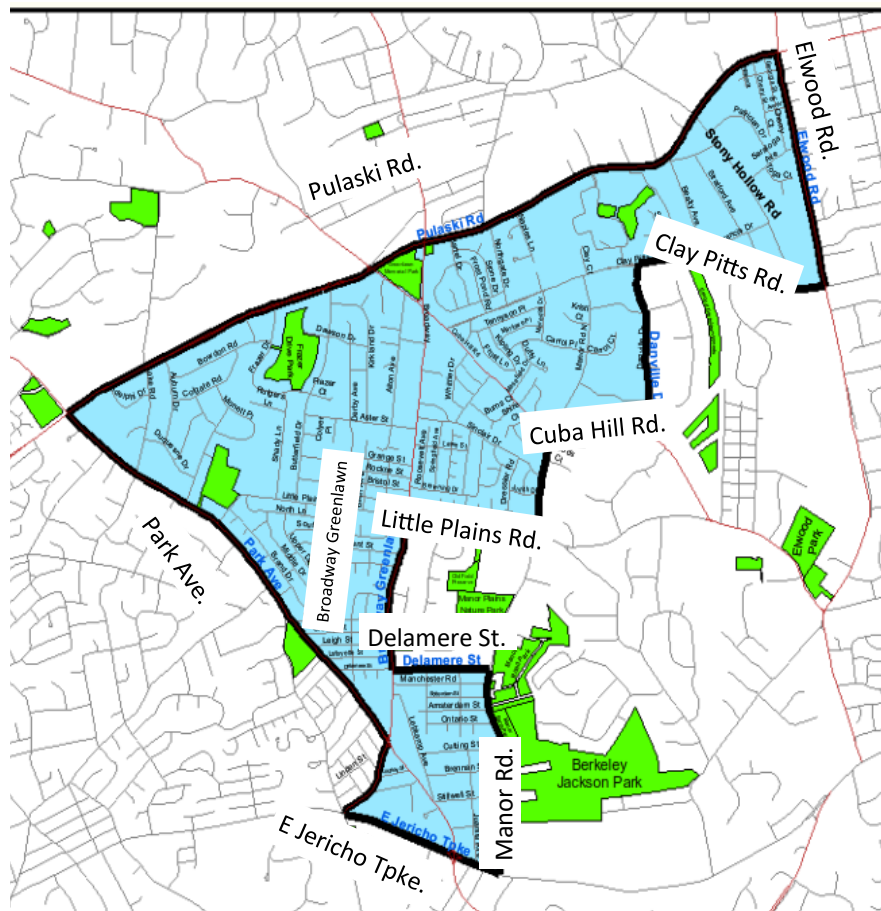


For information, please call: (631) 351-6610

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

(left -right) Joyce Little, LMSW;
Sarah Sussman, LMSW Director; Bunny Karalitzky, RN MS

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
Supervisor

Eugene Cook
Councilman

Joan Cergol
Councilwoman

Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman



TOWN OF HUNTINGTON











RESIDENTIAL REPAIR PROGRAM



PLEASE CALL: LORENZO "LOU" HORNE, COORDINATOR (631) 446-3721

The Residential Repair Program provides minor household repairs to seniors who reside in the Town of Huntington and are at least 60 years of age. The service is available to homeowners whose living space need repairs (for example, no structural repairs). Priority is given to those seniors who are frail, low income, minority, and handicapped to help them live independently in their homes. Residents are responsible for paying for parts and supplies only. There is no charge for labor.

MINOR REPAIRS & SERVICES

-  Replacing window panes, door locks, fuses, window catches
-  Minor plumbing repairs: sink drains, toilet flush mechanisms, faucet or washer replacement, toilet leaks
-  Installing handrails, safety rails, grab bars
-  Installing and removing window air conditioners, screens, storm windows
-  Patching walls and ceilings
-  Caulking windows and installing weather stripping around doors
-  Minor repairs of furniture, installing shades and curtain rods, tacking down rugs
-  Installing Smoke/Carbon Monoxide Detectors and changing batteries
-  Electronic assistance (computer, answering machine, DVD player, etc.)
-  Some minor repairs to house exteriors, including masonry

This program is funded by the Town of Huntington, U.S. Administration for Community Living through New York State Office for the Aging and Suffolk County Office for the Aging.



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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.



Don't Delay! Call Today!

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 Town wide Fund, BAE Systems, various fundraisers and private donations.



TOWN OF HUNTINGTON SENIOR CENTER



FOOD DISTRIBUTION 3RD THURSDAY OF EVERY MONTH ★ SENIOR CENTER REAR PARKING LOT ★ 1:00 PM - 2:30 PM



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



- 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



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Councilman

Salvatore Ferro
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Theresa Mari
Councilwoman



Join us as we Honor Town of Huntington
Outstanding Senior Citizens of the Year

*Just
Bloom*

Senior Recognition Gala

Wednesday, May 15, 2024
Noon - 4:00 p.m.

Flanagan Center Gym

423 Park Avenue
Huntington NY 11743

Delicious Buffet

Appetizer

Entrée

Dessert

Coffee, Tea, Water

\$25.00 Per Person

Music by DJ Bob

Tickets can be purchased at the
Huntington Senior Center or
through Club Leaders

TICKETS ON SALE APRIL 5TH

TICKETS ARE LIMITED

FIRST COME, FIRST SERVED

Checks can be made payable to:
Huntington Human Services Institute

LAST DAY OF TICKET SALES

FRIDAY, MAY 1ST

For more information call
631-351-3253

Edmund Smyth, Supervisor

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HUNTINGTON UNITY FUN DAY

SATURDAY, APRIL 6, 2024
10AM - 3PM

Join school districts and community groups from all over Huntington Township as they come together to bring "Unity to the Community" with a parade and fair at Stimson Middle School

Huntington Unity Fun Day 2024 Grand Marshals



Suffolk County Sheriff
Errol Toulon, Jr.



Retired Suffolk County Deputy Police Commissioner
Rocio Mantion-Lewis

Interested in becoming a vendor or a sponsor for the event?
For more information, call Kimberly Jerideau at 516-757-2700

Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman



Brooke Lupinacci
Councilwoman

Theresa Mari
Councilwoman



HIICAP

Health Insurance Information,
Counseling & Assistance Program

Trained volunteers guide those who have questions about Medicare and Medicaid on an Information Line or by appointment at libraries or senior centers.

- > Learn more about your Medicare coverage choices and the different parts of Medicare including *Part A- Hospital Insurance, Part B- Medical Insurance, and Part D- Prescription Drug Coverage.*
- > Find out more about the difference between Original Medicare and Medicare Advantage Plans (*Part C*) and Medicare Supplement plans.
- > Understand low-income subsidy programs, including “Extra Help” and how to apply for New York State's Elderly Pharmaceutical Insurance Coverage (EPIC).

And so much more!

Contact HIICAP Today!
631-979-9490 EXT. 18
Email: HIICAP@rsvpsuffolk.org
Visit our website at
www.rsvpsuffolk.org

Counseling Sessions
at the Senior Center
Call (631) 351-3253 NOW
to make 1/2 hour appointment
between 10:00 am - 12:30 pm
Tuesday, April 9, 2024





The Town of Huntington Senior Division



in conjunction with the
Huntington Hispanic Advisory Task Force



Financial Literacy for Seniors

Presentation by:

Heather K. Simek, VP Business Development Officer

First Central Savings Bank

Wednesday, April 10th, 2024

1:30pm

Town of Huntington

Senior Center

423 Park Avenue

Huntington, NY 11743

(631) 351-3253

Information on:

- Common types of Elder Financial Exploitation
- Identity Theft
- Planning for unexpected Life Events
- Top Tips for seniors
 - Current expenses
 - Health Insurance
 - Prescription drugs
 - Property Taxes
 - Estate planning
- Emergency savings goal
- Budgeting Tips
- Benefits of banking
- Credit



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TOWN OF HUNTINGTON

DEPARTMENT OF HUMAN SERVICES

SENIOR DIVISION



Free Workshop on



Helping Mature Drivers Find Their Safest Fit



THURSDAY, APRIL 11, 2024 @ 12:30 PM - 1:15 PM

Huntington Senior Center Dining Room

Find out ALL the necessary adjustments you can make in your own car to see out better, fit better and drive safer!

Follow-up CarFit Event

FRIDAY, APRIL 19, 2024 @ 10:00 AM - 12:00 PM

Location - in the rear parking lot of the Senior Center

Have a trained CarFit technician work directly with you and your vehicle!

(By appointment only, appointments taken at the workshop on the 11th)

- Designed to help seniors achieve a better fit with their vehicle for optimum safety and comfort while driving.
- Adjust your mirrors to reduce blind spots, seat belt adjustment, tilt wheel adjustments, seat height, etc.
- Learn how to make those changes in your car to help you see the road better, as well as how to accommodate for changes in the body as we age.

CarFit was created by the American Society on Aging and developed in collaboration with AARP, the American Occupational Therapy Association and AAA.

For More Information on CarFit, visit www.car-fit.org/carfit/FAQ



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Theresa Mari
Councilwoman

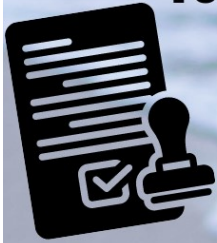
TOWN OF HUNTINGTON

NEW! Senior Beach Permit Program

SENIOR RESIDENTS 60 +

COME GET YOUR FREE ELECTRONIC BEACH PERMIT!

TOWN OF HUNTINGTON SENIOR CENTER DINING ROOM
423 PARK AVENUE HUNTINGTON, NY 11743



APRIL 18TH 12:30PM - 2:00PM

APRIL 26TH 11:00AM - 2:00PM

**Don't forget your driver's license and
vehicle's registration!**

**If the vehicle is registered somewhere other than
Huntington township, please provide proof that you pay
taxes to the Town of Huntington.**

FOR INFORMATION CALL: 631-351-3253



Edmund J. Smyth
Supervisor

Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman



TOWN OF HUNTINGTON

Family Earth Day

Sponsored by Councilmembers
Salvatore Ferro & Brooke A. Lupinacci

IN PARTNERSHIP WITH

COVANTA

Powering Today. Protecting Tomorrow.



Huntington Hospital
Northwell Health®



**HUNTINGTON
TOWNSHIP**
CHAMBER OF COMMERCE
SERVING THE GREATER HUNTINGTON AREA

**THE
HOME
DEPOT**



Learn about our beautiful planet while enjoying food, music,
and **FREE** activities and services, including:

- Marine Touch Tank - *(Courtesy of Cornell Cooperative Extension)*
- Face Painting
- Paper Shredding
- Composting & English Ivy Removal Demo
- Arts & Crafts
- E-waste Disposal
- Pet Adoptions & Live Animals
- Free Tree Saplings
- Beekeeping demonstrations
- Giveaways - *(Courtesy of Home Depot)*
- Storytime - *(Harborfields Public Library)*
- Activities with the Long Island Nets
- Music Jam with the **FOLK MUSIC SOCIETY**
(bring your instrument)

AND MORE!

For more information, contact:

Councilman Sal Ferro at (631)351-3175

Councilwoman Brooke A. Lupinacci at (631)351-3174

**SUNDAY
APRIL 21, 2024
10 AM - 2 PM**

**MANOR FARM
PARK
210 MANOR ROAD
HUNTINGTON**

Dr. David Bennardo
Councilman

Salvatore Ferro
Councilman

Ed Smyth
Supervisor

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman

Sponsored by Huntington Councilwomen
Brooke A. Lupinacci & Theresa Mari
Town of Huntington Highway Superintendent Andre Sorrentino

The United Asian American Alliance

presents



AAPI Heritage Month *Celebration* Art Exhibition

Featuring Artwork from local Asian
American Artists in celebration of
AAPI Heritage Month



May 1-30, 2024
Gallery Hours:
Monday-Friday 8:30am-4:30pm

Huntington Town Hall
(Photo ID required for entry)

Sponsored by:



Huntington Town Hall
100 Main St. Huntington, NY



Edmund J. Smyth
Supervisor

Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman

THE TOWN OF HUNTINGTON OPIOID
AND
ADDICTION TASK FORCE PRESENTS

**Alternatives to Opioids for
Acute and Chronic Pain**

Bruce Silber, DC

- Massapequa Pain Management
- Chiropractic Care, Physical Therapy, and Yoga

Waseem Mir, MD

- Founder of New York Integrated Rheumatology
- Medical Acupuncture for Pain Relief

Amit Sharma, MD

- Founder of SpinePain Solutions
- Chief of Pain Medicine, Good Samaritan Hospital Medical Center
- Targeted Injection Therapy Techniques, Epidurals, and Nerve Ablations

Thursday | May 2nd | 1:15 PM

Huntington Senior Center



Edmund J. Smyth
Supervisor

Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman



Councilman Dave Bennardo, Councilman Sal Ferro
Huntington Town Board
&
Second Precinct

PRESENTS

Senior Senior Prom



Thursday May 9th | 12-3pm
*at the Town of Huntington Senior
Center (Flanagan Gym)*

Live Music/Lunch/Pictures

Tickets FREE

For Details and Tickets Call
Call (631)351-3089



Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman

Edmund J. Smyth
Supervisor

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman



Senior Participation Discount List

Contact Merchant for Individual Discounts

Restrictions May Apply

| | | | | |
|----------------------------------|---------------------------|-----------------|--------------|-----------------------------|
| Art League of LI | 107 East Deer Park Avenue | Dix Hills | 631-462-5400 | 30% Off Adult Membership |
| Buttercooky Bakery | 495 New York Avenue | Huntington | 631-424-4034 | 10% Off Monday Only |
| C & C Meats | 249 Old Walt Whitman Road | Huntington | 631-271-6504 | 20% 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 |
| Double "S" Deli | 18 West Neck Road | Huntington | 631-421-9228 | 5% Off Daily |
| Dunkin | 15 Southdown Road | Huntington | 631-424-0647 | 5% Off Daily |
| Dunkin | 200 East Main Street | Huntington | 631-935-0031 | 5% Off Daily |
| Dunkin | 838 New York Avenue | Huntington | 631-421-2010 | 5% Off Daily |
| East Northport Bagel Café | 355 Larkfield Road | East Northport | 631-486-8200 | 10% Off Daily |
| Eyewear by Patrice | 829 Fort Salonga Road | Northport | 631-757-3937 | 20% Off Daily |
| Family Care Pharmacy | 33 Walt Whitman Road | Huntington Sta. | 631-350-6400 | 10% Off Limitations Apply |
| Filletto's Pizza | 297 Clay Pitts Road | East Northport | 631-266-3700 | 10% Off Reg. Price Menu |
| Golden Globe Diner | 365 West Main Street | Huntington | 631-351-9680 | 10% Off Daily |
| Goodwill NY/NJ | 1900 Jericho Turnpike | East Northport | 631-462-4219 | 10% Off Tuesday Only |
| Huntington Dental | 1 Schwab Road | Melville | 631-673-1862 | 20% Off Daily |
| Huntington Food Plaza | 2035 New York Avenue | Huntington Sta. | 631-271-3700 | 10% Off Wednesday Only |
| 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 |
| Mainsource Pharmacy | 347B Main Street | Huntington | 631-760-1114 | 15% Off Limitations Apply |
| Mama Lucia's | 1820 New York Avenue | Huntington Sta. | 631-423-4855 | 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 |
| Mozzarella's Pizza | 1937 Jericho Turnpike | East Northport | 631-462-0600 | 10% Off W \$15 Min. |
| North Shore Pharmacy | 25 Southdown Road | Huntington | 631-427-6262 | 10% Off Excl. Prescriptions |
| 110 Pharmacy | 459 Walt Whitman Road | Melville | 631-421-5454 | 10% Off Limitations Apply |
| Skorpis Restaurant | 340 New York Avenue | Huntington | 631-549-8887 | 10% Off Daily |
| Spuntino | 687 Old Country Road | Dix Hills | 631-547-9300 | 10% Off Not Combinable |
| Tim's Shipwreck Diner | 46 Main Street | Northport | 631-754-1797 | 15% Off Daily |
| Town Drugs | 517A Larkfield Road | East Northport | 631-266-3999 | 10% Off Excl. Prescriptions |
| Uncle Giuseppe's | 890 Walt Whitman Road | Melville | 631-683-5900 | 5% Off Wednesday Only |
| Value Drugs | 106 Broadway | Greenlawn | 631-754-0532 | 10% Off Wednesday Only |
| Value Drugs | 349 New York Avenue | Huntington | 631-427-2919 | 10% Off Wednesday Only |
| Vision World | 699 Old Country Road | Dix Hills | 631-271-3520 | 20% Off Daily |

TOWN OF HUNTINGTON

TOWN OF HUNTINGTON



Edmund J. Smyth, Supervisor

Dr. Dave Bennardo, Councilman

Salvatore Ferro, Councilman

Brooke A. Lupinacci, Councilwoman

Theresa Mari, Councilwoman

DEPARTMENT OF HUMAN SERVICES

Kevin Thorbourne, Director

423 Park Avenue, Huntington

(631) 351-3304

SENIOR CITIZENS DIVISION

Julia Frangione, Director

423 Park Avenue, Huntington

(631) 351-3253

Contact Us:

Email: Seniors@HuntingtonNY.gov

Website: TOHseniors.com