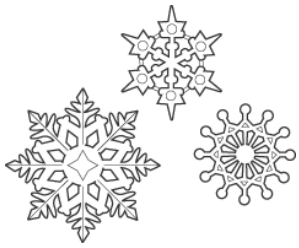
TOWN OF HUNTINGTON

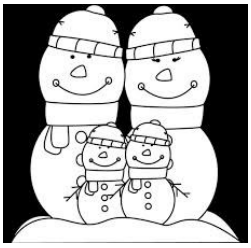
Frank P. Petrone, Supervisor

Mark Cuthbertson	Susan A. Berland	Eugene Cook	Tracey A. Edwards
Councilman	*Councilwoman*	*Councilman*	*Councilwoman*

Department of Human Services
Senior Citizens Division



ADULT DAY CARE
December 2016
Special Events



<u>Friday, 2nd</u>

Tree Trimming with
Hot Chocolate & Cookies

<u>Sunday, 4th</u>

Melville Lions Club 30th Annual
Holiday Party 12-3 p.m.

<u>Wednesday, 21st</u>

Holiday Celebration
with Roberta Fabiano

<u>Wednesday, 28th</u>

End of Year Talent Show

<u>Friday, 30th</u>

New Year's Eve Celebration with
Bob Serrao

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DEPARTMENT OF HUMAN SERVICES

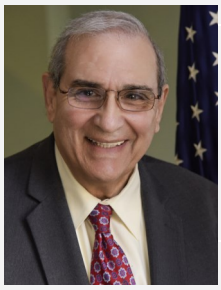
Jillian Guthman-Abadom, Esq., Director

SENIOR CITIZENS DIVISION

Julia Frangione, Director
423 Park Avenue, Huntington
JFrangione@HuntingtonNY.gov

Senior Center Main Office…..…….	351-3253
Center Manager……..	Mary Hansen
Home Delivered Meals Supervisor…….	Geri Van Dyke
Programs, Trips & Beach House Supervisor...	Julia Frangione
Caregiver Support Coordinator……...	Keri Brown
EISEP, Volunteer & Club Coordinator……	Maria Soskel
Residential Repair Program Coordinator……	Lou Horne
Senior Housing, Community Development…	Heather Warringer…...351-2881

Huntington Senior Citizens Board of Directors
Gladys Mayette, *Chairperson*



FROM THE SUPERVISOR'S DESK

Frank P. Petrone,
Supervisor

We had an incident a few weeks back in which fire broke out at the home of an elderly gentleman who, because he was cold, brought a lamp with him under the covers to stay warm. That started a fire that caused considerable damage to his house; luckily, he escaped without serious harm.

I mention this because it highlights how we all sometimes make decisions that appear to solve an immediate problem without giving much thought to possible unintended consequences. This is especially true when it comes to two forces important to us at this time of the year: heat and electricity.

My message for this newsletter at this time last year noted that the National Fire Prevention Association has issued a series of recommendations aimed at preventing fires from holiday decorations. Their suggestions are worth repeating: Inspect holiday lights each year for frayed wires, bare spots and excessive wear or kinking. Connect strings of lights to an extension cord before plugging the cord into an outlet. Use battery-operated flameless candles, which can look, feel and smell like the real ones. If you feel you have to use real candles, put them in stable holders, and place them where they cannot be knocked down easily.

Whether they are Christmas candles or Chanukah menorahs, be sure to place them 12 inches away from anything that burns. Make sure that trees are at least three feet from heat sources, and never use lit candles to decorate a tree. Turn off the Christmas tree lights before leaving home or going to bed.

No matter what the season, avoid overloading outlets, whether they are for holiday decorations or for general use. Be careful about space heaters; they, too, should be kept away from curtains, table cloths and other flammable items and placed on stable surfaces.

If we keep those simple measures in mind, we can help keep our holiday memories happy.

From my family to yours, best wishes for a joyous holiday season and a happy new year.

Frank P. Petrone

DIRECTOR'S MESSAGE

Jillian Guthman-Abadom, Esq.,
Director of Human Services

These days technology has tremendously increased the amount of things we can accomplish in a given day. At times I wonder how we managed without computers, cell phones, gadgets, …

The benefits of technology are great. In many ways the cost of goods and services are controlled because of the influences of technology. Technology has even changed medical diagnosis and care. Everyday technology brings us closer to the lifestyle depicted on the cartoon "The Jetsons". Personally, I welcome a robot that vacuums; although, I am not that comfortable with self-driven cars.

Notwithstanding the unquestionable benefits, call me old-fashioned at heart. I also appreciate the simple pleasures of a slower pace, such as talking to the cashier when you make a purchase. Gone are the days of the local hardware store, clothing boutique or drug store. Don't get me wrong - yes you can find these places, but they are less common than they once were and should you choose to utilize them, you will pay a little more. On the flip side, one must recognize the time one can save by changing your tires, shopping for clothes and groceries, visiting with an optometrist, getting your family photos developed, planning a Caribbean cruise and more while you enjoy a chicken caesar salad and complete all of your Christmas shopping at one big box store. Twenty years ago, these activities would have taken many weeks of diligent effort. Now we can do them in one afternoon.

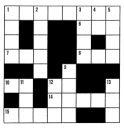
Efficiency is so important and it enables us to carve out more time to do the things that are important to us. However, a big part of the joy in life is the journey. When I think back on the periods of time that led to significant milestones in my life, abundant was the joy in getting to the goal. Whether the objective was selecting a career, planning a wedding, anticipating a child,… such great joy was realized in the process of reaching the milestone. For me, this is especially true with respect to the people in my heart who joined me on the various excursions on my journey. When we proceed through life with such haste it is easy to overlook the joy to be found in the simple steps we take.

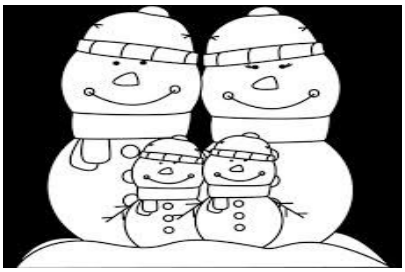
Life is but a journey. The roads on that journey may be smooth, choppy, filled with many potholes and obstacles, or constantly requiring us to change our lanes and redirect our efforts in response to unforeseen circumstances. However the journey, it is ours, and it is for us to make it all that it can be. We may not be able to control the road but we can control how we respond to it. In my effort to make the most of my life's journey, I will endeavor to live in the moment and take the time to see the joy and beauty in each moment.

Jillian

Huntington Adult Day Care Program
423 Park Ave, Huntington
631-351-3293
HuntingtonNY.gov/ADC

December 2016

MONDAY	TUESDAY	WEDNESDAY
5 CHICKEN FAJITA	**6 PORK CUTLET**	**7 BEEF STEW**
Boggle SGA: Art with Marie Football Bingo	Podiatrist Brain Gym Ring Toss Ladder Game	Podiatrist Pearl Harbor Remembrance Art with Sue Cow Chip Toss
12 CHICKEN HERO	**13 SPAGHETTI & MEATBALLS**	**14 ROAST PORK**
Grid Game SGA: Art with Marie *Movie of the Month* *While You Where Sleeping*	Brain Gym SGA: Computer Tablets Ken at the Piano Lets Reminisce	You be the Judge Tic Tac Toe Crossword Puzzle 
19 MEAT LOAF	**20 CHICKEN TERIYAKI**	**21 PORK CASSOULET**
Christmas Trivia SGA: Art with Marie Holiday Bingo	Brain Gym SGA: Computer Tablets Yoga Last Day of Autumn	Winter Solstice *Holiday Celebration* *With* *Roberta Fabiano*
26 CLOSED	**27 ROAST PORK**	**28 KRAB CAKES**
	Bingo SGA: Computer Tablets String Fling Game Kwanzaa	Wheel of Fortune Art with Sue End of Year Talent Show



THURSDAY	FRIDAY
1 LEMON CHICKEN	**2 CRUSTED POLLACK**
All About December SGA: Sensory Room Pitch Pipe Program Sign Language Lessons	Brain Gym Ugly Sweater Day *Tree Trimming with Hot Chocolate & Cookies*
8 CHICKEN PAPPAGALLO	**9 STUFFED TILAPIA**
Ethnic Celebrations SGA: LCR Pitch Pipe Program Sign Language Lessons	Official Lost & Found Day Brain Gym History of the Snowman
15 ROAST PORK	**16 BROILED FLOUNDER**
Bill of Rights Day SGA: Sensory Room Pitch Pipe Program Sign Language Lessons	Vegas Bingo Brain Gym Best Holiday Gifts
22 SAUERBRATEN	**23 CLOSED**
Brain Gym SGA: Sensory Room Pitch Pipe Program Sign Language Lessons *Happy Birthday Arthur*	Merry Christmas!
29 STUFFED SHRIMP	**30 CRUSTED POLLACK**
Chanukah SGA: Sensory Room Pitch Pipe Program Sign Language Lessons	New Year's Resolutions *New Year's Eve Celebration with Bob Serrao*

ONGOING

- Current Events with Morning News
- Sittercise
- Sing-A-Long
- Sensory Room
- SGA-Small Group Activity
  Language Class

December HIGHLIGHTS

Friday, 2nd
Tree Trimming with Hot Chocolate & Cookies

Sunday, 4th
Melville Lions Annual Holiday Party

Wednesday, 21st
Holiday Celebration with Roberta Fabiano

Wednesday, 28th
End of Year Talent Show

Friday, 30th
New Year's Eve Celebration with Bob Serrao

TOWN BOARD MEETING
December 7*th*
At 7 PM

Halloween

22 Pushups a Day in Month of November to Honor Those Who Serve

Honoring our Veterans

Thanksgiving Feast & Party

Caring for the Caregiver

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 2016 - 2017

Yoga for Caregivers
Tuesdays: December 6, 13, 20 and 27
2:00 - 3:00 pm, Room 106

Art Therapy
Wednesdays: December 7 and 21
10:30 am - 12:30 pm, Room 205

Daytime Support Group
Thursdays: December 8 and 22
1:30 - 3:00 pm, Room 117 (Library)

Respite Program: While caregivers attend any of these sessions, respite care is available for your loved one. Please call 2 days in advance for a respite care appointment.

For more information and/or to register for groups, contact Holli Dunayer, MSW
631-351-3253

Other Support Services

HEAP
(Home Energy Assistance Program)
Need help with heating costs?

Are you a PSEG or National Grid customer? You may be entitled to financial assistance in heating your home this winter. You must meet HEAP income guidelines.

Call Holli Dunayer
631.351.3253

Are you grieving the loss of a loved one?

Join our Bereavement Support Group

Friday, December 16
10:30 - 11:30 am
Room 117 (Library)

Veterans Discussion Group

Wednesday, December 14
10:30 - 11:30 am
Room 117 (Library)

HANDS ON HUNTINGTON

For information or to find out if you live in the designated area, call (631) 351-6610 to speak to one of our social workers:
Tina Block, LMSW, Stephanie Laureano, LMSW or
Andrea Kutcher, LMSW.

ADVISORY BOARD MEETING at the Harborfields Library, 31 Broadway, Greenlawn
Thursday, December 29, 2016 at 10:00 am

Please feel free to join us for our monthly advisory meeting. Bring yourself and your ideas! Any questions, call (631) 351-6610.

New Years Party at Suffolk YJCC, 74 Hauppauge Road, Commack, NY 11725
Wednesday, December 28, 2016 at 12:30 pm - RSVP (631) 351-6610 by Wednesday, December 21
$5.00 per person for party. If you choose, you can pay $3.00 additional for lunch at 11:45 am.

Let's Talk: A group for women

Paumanack I & II, 650 Paumanack Vill. Dr., Greenlawn
2nd and 4th Monday of the month at 11:00 am

Paumanack III & IV, 150 Duncan Elder Dr., Greenlawn
1st and 3rd Tuesday of the month at 11:00 am

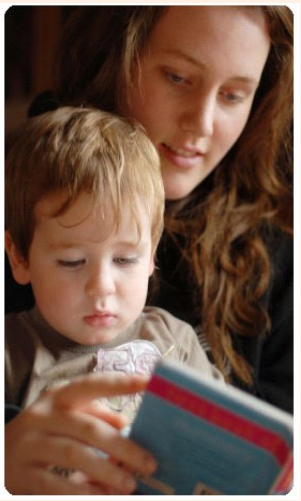
These groups are facilitated by a Hands on Huntington Social Worker. Enjoy a supportive environment created by a circle of women. Talk about issues important to you. Get emotional support during difficult times. Get information and resources to help you cope.

American Sign Language Class at the Town of Huntington Senior Center (423 Park Avenue) Room 205
Mondays: 12:45 ~ 1:45 pm Beginners welcome! (No class Monday, December 26 or January 2, 2017)

Hands on Huntington (HoH) is a Neighborhood Naturally Occurring Retirement Community (NNORC) covering parts of Greenlawn, East Northport and Huntington. HoH is funded through the New York State Office for the Aging NNORC Program. This initiative is also supported by the Town of Huntington and The Suffolk Y JCC. HoH brings together the Town of Huntington and The Suffolk Y JCC, and others, to provide support services, information and referral, education and recreation programs to seniors, helping them remain in their homes and community. If you would like to learn more about our program, come to an Advisory Board Meeting or call our office 351-6610.

ATTENTION HUNTINGTON RESIDENTS:

Do You Need A Helping Hand?



- Planning a night out and need a babysitter?
- Need help with house cleaning and other chores?
- Are you behind with your yard work?

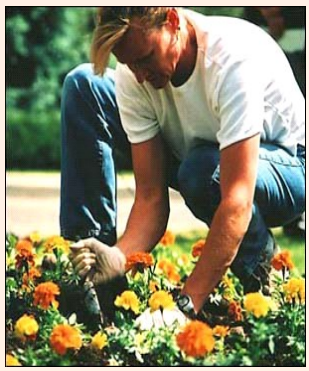
Project Excel has local youth, ages 14-18, who are ready, able and willing to work. All youth have completed our Employment Workshop and have been screened.

Youth are available to be hired for:

Babysitting
Mother's Helper
House Cleaning
Yard Work
Snow Shoveling
Leaf Raking
Garage Cleanout
Gardening

For more information, please call
Project Excel at (631) 271-5499

Homeowner is responsible to pay youth for services rendered and liability insurance



Project Excel is funded by the Town of Huntington, the New York State Office of Children and Family Services, the Suffolk County Youth Bureau and various fundraisers and private donations.

Senior Participation Discount List

Contact Merchant for Individual Discounts

Restrictions May Apply

Andiamo Pizzeria	400 Larkfield Road	East Northport	631-266-3037	
Atrium Café	775 Park Avenue	Huntington	631-300-2424	
Bagel Market Bistro	903 Walt Whitman Road	Melville	631-271-7108	
C Town Supermarket	1662 New York Avenue	Huntington Station	631-673-5878	
Cards n Things	301 Clay Pitts Road	East Northport	631-368-1161	
Community Market	108 Depot Road	Huntington Station	631-423-0648	Tuesdays Only
Country Bagels	361 Route 25A	Northport	631-261-7821	1/2 off 6 bagels
Critic's Choice Deli	1153 E Jericho Tpke	Huntington Station	631-875-5260	
D&D Card Shop	7-8 Hewitt Square	East Northport	631-757-0320	
Dix Hills Bagels	703 Old Country Road	Dix Hills	631-673-7188	
Double "S" Deli	18 Westneck Road	Huntington	631-421-9228	
Dunkin Donuts	112 Broadway	Greenlawn	631-651-9410	
Golden Dolphin Diner	365 West Main Street	Huntington	631-351-9680	
Hometown Bakeshop	2 Little Neck Road	Centerport	631-754-7437	
Huntington Food Plaza	2035 New York Avenue	Huntington Station	631-271-3700	Wednesdays Only
I Hop	259 Old Walt Whitman Road	Huntington Station	631-423-8760	
Jonny D's Pizza	946 New York Avenue	Huntington	631-385-4444	
LI Bagel Café	355 Larkfield Road	East Northport	631-486-8200	
Little Vincent's Pizza	329 New York Avenue	Huntington	631-423-9620	
Mama Lucia's	1820 New York Avenue	Huntington Station	631-423-4855	
Massa's Pizzeria	80 Gerard Street	Huntington	631-923-3473	
Moe's Bagels	707 Fort Salonga Road	Northport	631-754-6182	
Mozzarella's Pizza	1937 Jericho Tpke	Northport	631-462-0600	$15 Minimum
Country Village Chemists	227 E Main Street	Huntington	631-351-8989	
Park Avenue Deli	410 Park Avenue	Huntington	631-351-9478	16oz ice tea...
Phil's Vitamin Center	319 Broadway	Huntington Station	631-271-2911	
Rx Express	1842 Jericho Tpke	Dix Hills	631-462-2233	Gift & Surgical
Skorpios Restaurant	340 New York Avenue	Huntington	631-549-8887	
Spuntino	687 Old Country Road	Dix Hills	631-547-9300	Not Combinable...
Town Drugs	517A Larkfield Road	East Northport	631-266-3999	
Value Drugs	349 New York Avenue	Huntington	631-427-2919	Wednesdays Only
Value Drugs	106 Broadway	Greenlawn	631-754-0532	Wednesdays Only

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SENIOR CITIZENS DIVISION

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423 Park Avenue, Huntington

631-351-3253

Contact Us:

Email: Seniors@HuntingtonNY.gov

Website: TOHseniors.com

Facebook: Town of Huntington Senior Center