



TOWN OF HUNTINGTON CALLING ALL SENIORS JULY 2026



Dining Room Open 11:00 am - 2:00 pm

Registration: 11:00 am - 12:30 pm

New members welcome!

AT THE SENIOR CENTER



July 1 ~ Fourth of July Party with Geoff Cohen ~ 12:30

Happy 250th Birthday America!

July 3 ~ Closed for Fourth of July Holiday

July 9 ~ Lyme Disease Information & Prevention

Seminar at Cinema Arts Centre ~ 2:00

July 14 ~ Music with Janice Buckner and Band ~ 12:30

July 24 ~ Summer Party with DJ Bob ~ 12:30

July 30 ~ Pet Photo Judging Contest ~ 1:30

AT THE BEACH HOUSE

Sunday Hours: Noon - 4:45 pm

Monday - Friday: 10:00 am - 3:45 pm

Beach House Closed Friday, July 3 for 4th of July Celebration

July 28 ~ Beach House BBQ with Geoff Cohen

July 29 ~ Rain Date BBQ



Dr. Dave Bennardo
Councilman

Jennifer Hebert
Councilwoman

Edmund J. Smyth
Supervisor

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman

From the Desk of Supervisor Ed Smyth

As the summer heat sets in and we officially head into July, I encourage you and your loved ones to stay safe and cool while enjoying all the wonderful aspects of our beautiful town. This month brings a unique sense of pride and reflection to our community as we celebrate Independence Day on July 4th. This year marks a momentous milestone, the 250th Anniversary of American Independence.

Reaching this Semiquincentennial anniversary reminds us of the rich, enduring story of our nation, a history that feels especially close to home here in Huntington. Our region played a distinct role in the founding of the United States. To honor this legacy, I highly encourage our seniors and local residents to join us as we bring history to life right in the heart of our community.

The Huntington Militia will be hosting a grand 250th Anniversary Community Celebration on Saturday, July 18th, from 12:00 pm to 5:00 pm on the Village Green and the historic Kissam Property. This special afternoon will transport us back to July 22, 1776, when the Declaration of Independence was read for the very first time on Long Island. It is a fantastic opportunity to gather and experience firsthand the sights and sounds of the Revolutionary era.

With the high temperatures of July, finding comfortable ways to beat the heat is incredibly important for our senior residents. I want to remind everyone that a wonderful way to cool off is by spending time at our beautiful Town Beaches, or by visiting the Dix Hills Park Pool. The Town is committed to accessibility, and I am pleased to share that the Dix Hills Park Pool facility is completely handicap accessible, ensuring all our residents can enjoy a refreshing swim safely and comfortably.



Huntington Independence Day Celebration

Honoring the 250th Anniversary of American Independence, join your neighbors and friends for a journey into our nation's founding. This historic community event commemorates the local impact of the American Revolution and features a wide array of activities, demonstrations, and exhibits for all generations:

- Date & Time: Saturday, July 18, 2026, from 12:00 PM – 5:00 PM
- Location: The Village Green & The Kissam Property (423 Park Ave., Huntington)
- Historic Re-enactment: Experience the historic events of July 22, 1776, when the Declaration of Independence was read for the first time on Long Island.
- Live Demonstrations: Musket and cannon firing demonstrations throughout the afternoon.
- Living History: Discover 18th-century crafts, trades, traditional cooking, historic toys, games, and music.
- Tours: Explore local military history with an Arsenal Tour.
- Children's Activities: Special crafts and games for children.
- Cultural Performances: Performance by the Montaukett Native Dancers.
- Special Appearance: Presentation featuring a Walt Whitman re-enactor.
- Exhibits & Film: Access to historic exhibits and a screening of the documentary "What Liberty Means."
- Amenities & Keepsakes: Platt's Tavern coins and a selection of local food trucks on-site.



Dix Hills Pool

- Location: 575 Vanderbilt Parkway, Dix Hills
 - Accessibility: Fully Handicap Accessible Facility
 - July through August 14th Pool Schedule:
 - Mondays & Wednesdays: 3:00 PM – 8:00 PM
 - Tuesdays, Thursdays, & Fridays: 12:30 PM – 8:00 PM
 - Saturdays & Sundays: 11:00 AM – 8:00 PM
- For admission rates, ticket information, and pricing details, please contact the Town Ice Rink at 631-462-5883.

Finally, I want to extend a very special, happy, and healthy birthday wish to all of our vibrant seniors celebrating a birthday in the month of July.

I look forward to seeing you around town at our historic celebrations and recreational facilities this summer. I wish each of you a healthy, happy, cool, and enjoyable July.



Councilman
Dr. Dave Bennardo



Councilwoman
Jennifer Hebert



Supervisor
Edmund J. Smyth



Councilwoman
Brooke A. Lupinacci



Councilwoman
Theresa Mari

Town Board Meeting: Tuesday, July 14, @ 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, Director (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	(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>	(631) 446-3721
Senior Social Worker <i>Jeannine Comito, 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

Welcome to writings from the Town of Huntington
Senior Division's "Write to Share" senior group.
Celebrating America's 250th Birthday

The below writings are from the "write to share" senior group. This group meets Fridays at 1:30 in the Town of Huntington Senior Center Library. It is a small, comfortable, intimate, supportive setting, where they share each other's creative writings. This month's theme: Happy 250th Birthday America

GOD BLESS AMERICA

She sings, "God bless America,"
Her voice is loud and strong
And in every word it's clearly heard,
He stands beside her through this song

She is poised and ever ready
To sing about this land we love
God's grace glows and flows inside her
With His light from up above

Her young heart is pure emotion
With true spirit soaring high
Across the oceans through the prairie
To where the mountains touch the sky

Little girl near three years old
With voice so loud and strong
Rising from your heart and soul
You wow us with your song

She sings, "God bless America,"
It is our home, sweet home
And this memory dear Diana
Papa gives you in a poem

Love Papa
October 7, 2002

AMERICAN EAGLE

By Richard Diem

In the winds golden streams
A breathtaking sight
High over the mountains
Aloft in swift flight

A bird of beauty and courage
That makes the heart sing
Through the sunrays of time
With broad sweeping wing

America's emblem of strength
Fearless and free

Carrying the message of freedom
For our country to see
A country of peace and good will
See the Eagle soars high
Over the plains and the mountains
Of our land's spacious sky

America, America,
God set His grace on thee
So crown thy good with brotherhood
From sea to shining sea



Happy 250th Birthday America

LAND OF THE FREE

By Erlindo R. DeLeon

I came from a land where the middle was missing
Where dictatorship wore a mask of law,
And corruption fed on the poverty below.
No safety net, no steady ground to stand on.

But I did not leave my dignity in the dust of the valley
I carried a quiet wealth across the ocean -
Not in suitcases, but in my hands and mind.
And the stubborn belief that life could be built from
scratch.

When I reached this new land across the sky and sea,
The path was not entirely smooth,
There were barriers to cross,
The subtle stings of race and class distinction.

Yet those obstacles did not define the destination,
For I found that human kindness and tolerance
Exist here in great numbers.
Warm hands extended in the quite spaces,
Led me to cross the barriers.

Now I walk on solid ground,
Survived the darkness of the past,
A sacred legacy of life,
A future built on LIBERTY and EQUAL RIGHTS.

LET'S GO AMERICA

By Mary Ann Romano, Ph. D.

Lets go America - the red, white, and blue.
Washington, Jefferson, and JFK too.

250, we made it this far.
USA, a bright shining star.

Liberty and justice are the basic core.
America, America is forever more.

America! Still!

By Anna Acconi

The sky lights up with flaring lights
While sounds of cheers flash out the night
We celebrate two and a half centuries
of this American experiment.
And we study its falls and rises amid impediments.

Land of the free! But, some disagree -
Are we still the land of the brave?
The home of the free?

We created a land of bounty wealth
But did we include all
of dubious health
of dubious wealth
Sins rest on the soul of our constitution:
The evils of manifest destiny

The unequal access to equality
The acceptance of slavery
Which enhanced our economy,
But cast shadows of evil on our anatomy.

We stood as a beacon of hope and of strength
And overcame errors that increased in length.
We held out our hands and sought retribution
Held strong to beliefs -
And survived

Despite all the wars, the conflicts and protest
We survived—we stood straighter and taller.
We grew—we changed—we survived.
Today, as we sit in review of the past
We ponder if this republic will last -
We ponder ... we ponder ...

Is America still the land of the free?
Is America still the home of the brave?
Is America still a shining city on a hill?
Is America still the best hope for a better future?

Yes! America still!
America! Still!



HUNTINGTON SENIOR NUTRITION CENTER
 423 Park Avenue, Huntington~ Lunch Served ~ Noon - 1:15 pm \$3
 Suggested Voluntary Anonymous Contribution
 Please Note: There is always an optional alternate meal.
 If you have a food allergy or intolerance, please notify us.
Menu subject to change

MONDAY

TUESDAY

WEDNESDAY



<p style="text-align: center;"><i>In case of class cancellations</i> Call Senior Division Announcement Telephone Line to hear recorded message about class cancellations. 631.446.3705</p>	<p>1 Hamburger</p> <p>9:45 Gentle Bends 10:00 Knitting & Crocheting 10:00 Pool Sharks 12:30 4th of July Party with Geoff Cohen</p>	
<p>6 Chicken with Bow Tie Pasta</p> <p><i>Birthday of the Month Special Dessert</i> </p> <p>10:00 Stretch & Strength 10:00 Informal Canasta 10:00 Pool Sharks 10:30 Initial Bereavement Support Group 12:30 Card Playing/ Chinese Mahjong 2:00 - 3:00 Beginner Guitar Lesson 2:00 - 4:00 Intermediate Guitar Lesson</p>	<p>7 BBQ Pork</p> <p>9:00 - 2:00 Hair Salon 9:30 - 12:30 Informal Chess/ Sheng Ji 10:00 Pool Sharks 10:45 - 11:30 Tai Chi 3 11:35 - 12:20 Tai Chi 2 12:30 - 1:00 Tai Chi 1 12:30 Canasta- Hand, Knee, Foot Class 2:15 Caregiver Yoga</p>	<p>8 Meat Loaf</p> <p>9:45 Gentle Bends 10:00 Knitting & Crocheting 10:00 Pool Sharks 1:45 Bingo</p>
<p>13 Stuffed Cabbage</p> <p>10:00 Stretch & Strength 10:00 Informal Canasta 10:00 Pool Sharks 10:30 Initial Bereavement Support Grp 12:30 Card Playing/ Chinese Mahjong 2:00-3:00 Beginner Guitar Lesson 2:00-4:00 Intermediate Guitar Lesson</p>	<p>14 Fried Pork Chop</p> <p>9:00 - 2:00 Hair Salon 9:30 - 12:30 Informal Chess/ Sheng Ji 10:00 Pool Sharks 10:45 - 11:30 Tai Chi 3 11:35 - 12:20 Tai Chi 2 12:30 - 1:00 Tai Chi 1 12:30 Janice Buckner & Band 12:30 Canasta- Hand, Knee, Foot Class 2:15 Caregiver Yoga</p>	<p>15 Beef Stroganoff</p> <p>8:30 - 1:00 Suffolk County Office for the Aging: Senior Advocate Appointments</p> <p>9:45 Gentle Bends 10:00 Knitting & Crocheting 10:00 Pool Sharks 11:00 Exercise for Energy 1:45 Bingo</p>
<p>20 Lasagna Roll Ups With Meat Sauce</p> <p>10:00 Stretch & Strength 10:00 Informal Canasta 10:00 Pool Sharks 10:30 Initial Bereavement Support Group 12:30 Piano Music with Remy 12:30 Card Playing/ Chinese Mahjong 2:00 - 3:00 Beginner Guitar Lesson 2:00 - 4:00 Intermediate Guitar Lesson</p>	<p>21 Sliced Pork with Gravy</p> <p>9:00 - 2:00 Hair Salon 9:30 - 12:30 Informal Chess/ Sheng Ji 10:00 Pool Sharks 10:45 - 11:30 Tai Chi 3 11:35 - 12:20 Tai Chi 2 12:30 - 1:00 Tai Chi 1 12:30 Canasta- Hand, Knee, Foot Class 2:15 Caregiver Yoga</p>	<p>22 Beef Stew</p> <p>9:45 Gentle Bends 10:00 Knitting & Crocheting 10:00 Pool Sharks 11:00 Exercise for Energy 1:45 Bingo</p>
<p>27 Manicotti with Meat Sauce</p> <p>10:00 Stretch & Strength 10:00 Informal Canasta 10:00 Pool Sharks 10:30 Initial Bereavement Support Group 12:30 Music With Allen Santoriello 12:30 Card Playing/ Chinese Mahjong 2:00 - 3:00 Beginner Guitar Lesson 2:00 - 4:00 Intermediate Guitar Lesson</p>	<p>28 Roast Pork</p> <p>9:00 - 2:00 Hair Salon 9:30 - 12:30 Informal Chess/ Sheng Ji 10:00 Pool Sharks 10:45 - 11:30 Tai Chi 3 11:35 - 12:20 Tai Chi 2 12:30 - 1:00 Tai Chi 1 12:30 Canasta- Hand, Knee, Foot Class 2:15 Caregiver Yoga</p> <p style="text-align: center;"><i>Beach House BBQ with Geoff Cohen</i> See Flyer for details (Rain date July 29)</p>	<p>29 Spaghetti with Meatballs</p> <p>9:45 Gentle Bends 10:00 Knitting & Crocheting 10:00 Pool Sharks 11:00 Exercise for Energy 1:45 Bingo</p>

- The Older Americans Act of 2006, encourages a suggested voluntary anonymous contribution equal to the actual cost of the service for participants with self-declared incomes at or above 185% of the federal poverty level. For 2026, 185% of the federal poverty level is \$29,526 for a household of one, and \$40,034 for a household of two.
- The Nutrition Center is sponsored by the Town of Huntington with funding provided by the U.S. Administration for Community Living through New York State Office for the Aging and Suffolk County Office for the Aging.



THURSDAY

2 Chicken Parmesan over Linguine 9:30 Instructional Mahjong & Free Play 9:30 - 12:30 Informal Chess/ Sheng Ji 10:00 Fitness Exercise I 10:00 Pool Sharks 1:00 Duplicate Bridge
9 Chicken Parmesan over Linguine 9:30 Instructional Mahjong & Free Play 9:30 - 12:30 Informal Chess/ Sheng Ji 10:00 Fitness Exercise I 10:00 Pool Sharks 10:30 Next Steps Bereavement Support Grp 11:00 - 1:00 Blood Pressure Screening w Janet 1:00 Duplicate Bridge 1:45 Line Dancing Bachata Style 2:00 Lyme Disease Information & Prevention Seminar at Cinema Arts Centre
16 Chicken Piccata 9:30 Instructional Mahjong & Free Play 9:30 - 12:30 Informal Chess/ Sheng Ji 10:00 Fitness Exercise I 10:00 Pool Sharks 10:30 Next Steps Bereavement Support Grp 10:30 Veteran's Support Grp 1:00 Duplicate Bridge 1:30 Engineer Grp 1:45 Line Dancing Bachata Style
23 Chef Salad 9:30 Instructional Mahjong & Free Play 9:30 - 12:30 Informal Chess/ Sheng Ji 10:00 Fitness Exercise I 10:00 Pool Sharks 10:30 Next Steps Bereavement Support Grp 1:00 Duplicate Bridge
30 Baked Chicken 9:30 Instructional Mahjong & Free Play 9:30 - 12:30 Informal Chess/ Sheng Ji 10:00 Pool Sharks 10:30 Next Steps Bereavement Support Grp 1:00 Duplicate Bridge 1:30 Pet Photo Judging Contest

FRIDAY

3   For 4th of July Holiday
10 Shrimp Salad 10:00 Cardio Drumming 10:30 Pool Tournament 10:30 Caregiver Support Group 11:05 Chair Yoga 1:00 Intermediate Bridge 1:00 Rummikub 1:30 Write to Share
17 Breaded Cod 9:30 - 4:15 AARP Smart Driving 10:30 Pool Tournament 11:05 Chair Yoga 1:00 Intermediate Bridge 1:00 Rummikub 1:30 Write to Share
24 Shrimp Scampi over Linguine 10:00 Balance & Endurance 10:30 Caregiver Support Group 10:30 Pool Tournament 12:30 Summer Party With DJ Bob 1:00 Intermediate Bridge 1:00 Rummikub 1:30 Write to Share
31 Krab Cakes 10:00 Cardio Drumming 10:30 Pool Tournament 12:30 Music with DJ Charlie 1:00 Intermediate Bridge 1:00 Rummikub 1:30 Write to Share

Events

INFORMAL CHESS  **NEW** 

Tuesday, & Thursday
9:30 ~ 12:30

SHENG JI CARD GAME
A fun and social card game that combines strategy, memory, and friendly competition

Puzzlers 

Monday, Wednesday, & Friday
9:30 ~ 12:00
and
1:30 - 3:00

4th of July Party
with Geoff Cohen
Wednesday, July 1
12:30

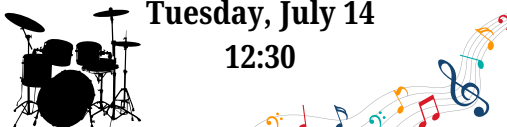


LYME DISEASE 

Information & Prevention Seminar
Thursday, July 9
At Cinema Arts Centre
2:00



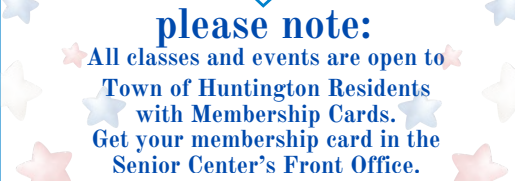
Janice Buckner & Band
Tuesday, July 14
12:30



Summer Party 

With DJ Bob
Friday, July 24
12:30

please note:
 All classes and events are open to
 Town of Huntington Residents
 with Membership Cards.
 Get your membership card in the
 Senior Center's Front Office.





June
Tenth

A central graphic with the text "June Tenth" in a colorful, stylized font. The text is surrounded by a decorative border made of colorful triangles in shades of red, yellow, and green.



DEPARTMENT OF HUMAN SERVICES
KEVIN THORBOURNE, DIRECTOR



Flanagan Center • 423 Park Avenue
Huntington, NY 11743-6991
KThorbourne@HuntingtonNY.gov

SENIOR CITIZENS DIVISION
JULIA FRANGIONE, DIRECTOR

Phone: (631) 351-3253
Fax: (631) 351-3221
JFrangione@HuntingtonNY.gov

2026

Dear Congregate Meal Recipient:

The Town of Huntington is pleased to offer a nutritious meal for Huntington and Suffolk County residents over the age of sixty.

The Nutrition Center is sponsored by the Town of Huntington with funding provided by the U.S. 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 \$13.86. For 2026, income at 185% of the Federal Poverty Level is \$29,526 for a household of one, and \$40,034 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 Senior Center Nutrition Program. Contributions may be given at the Senior Center by cash or check. Contributions may be mailed to the Senior Citizens Division address below. Please make checks payable to: Town of Huntington and write nutrition in the memo.

Very truly yours,

Geri VanDyke

Geri VanDyke
Center Manager

Department of Human Services • 423 Park Avenue, Huntington NY 11743-6991 • 631.351.3304 • Fax 631.351.3221
Senior Citizens Division • 423 Park Avenue, Huntington, NY 11743-6991 • 631.351.3253 • Fax 631.351.3221



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Town of Huntington

Department of Human Services
Senior Division



WELCOME

Shopping Assistance Program

for

Senior Citizens



***Providing Shopping Assistance
for Eligible Senior Citizens in the
Township of Huntington***

Our Services :

- Assisting in Online Ordering of Groceries
- Assisting in Setting up Delivery of Groceries



For More Information:
Contact Lucy 631-505-1723



Edmund J. Smyth
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FARMERS MARKET



Farmer's Market Coupon Booklets: Coupons may be obtained at the Senior Center, 423 Park Avenue, Huntington Room 103

VA Fresh Connect Program: Checks are available to all Veterans. A \$50 value (twenty five checks for \$2.00 each up to \$50) can be used at Farmer's Market. This benefit can be used in conjunction with Senior Farmer's Market Nutrition Program Coupons. Client must call the VA Office to get this benefit
(631) 853-8387

Fresh-2-You Program: Clients may use EBT benefits to purchase tokens which will be redeemable for double the amount in coupons. This is only available where EBT benefits are accepted.

Dr. Dave Bennardo Jennifer Hebert **Edmund J. Smyth** Brooke A. Lupinacci Theresa Mari
Councilman Councilwoman **Supervisor** Councilwoman 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.



(l-r) Joyce, Bunny

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

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

Social Worker: Joyce Little, LMSW

Nurse: Bunny Karalitzky, RN MS

Attention Seniors: Join us for a Cooking Demo, Tasting and Educational Seminar

Tuesday, July 14 - 12:30 pm (limited seating available)

Harborfields Library, 31 Broadway, Greenlawn NY 11740

TO REGISTER, please call Harborfields Library at (631) 757-4200

Spring clean your plate: heart-healthy meal swaps. Design your own omelette in a mug from start to finish! Join Hands on Huntington and Registered Dietitian/Nutritionist and Certified Health Coach, Jodi Levine for an educational seminar and then follow along with Jodi to prepare a delicious dish with fresh ingredients!

Jodi Levine, MS, RDN, CDN has over 25+ years of experience as a registered dietitian in the field of Nutrition. Currently serving as the Director of Nutrition at Suffolk County Community College, she has a passion and dedication for empowering individuals to lead healthier lifestyles through emphasizing the role that food and exercise play. She will discuss nutrition concepts and controversies with evidence-based scientific research.

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.



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TOWN OF HUNTINGTON



**SENIOR CENTER
SUPPORT SERVICES**
Jeannine Comito, LMSW
(631) 351-3253 Ext. 3780



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 2026

Social **Jeannine Comito, LMSW Schedule**

<i>Monday</i>	<i>Thursday</i>	<i>Friday</i>
9:00 - 2:00	9:00 - 2:00	9:00 - 3:00

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

Senior ID Pink Membership card is required to participate in any program

SUPPORT GROUPS	JUNE DATES	PLACE	TIMES
Initial Bereavement Support Group (12 weeks)	Monday July 6, 13, 20, 27	Room 106	10:30 - 12:00
Next Steps Bereavement Support Group (12 weeks)	Thursday July 9, 16, 23, 30	Room 106	10:30 - 12:00
Caregiver Support Group	Friday July 10, 24 Space Limited Intake Required Please see Jeannine Comito, LMSW	Room 106	10:30 - 12:00
Caregiver Yoga with Sally	Tuesday July 7, 14, 21, 28	Room 106	2:15 - 3:15
Veterans Support Group with Ron	Thursday July 16	Library	10:30 - 11:45

Initial Bereavement Group: Will meet on Mondays from 10:30 to 12:00. Those who have recently experienced the death of a spouse can work through grief, examine feelings and discover inner strengths - all with- in a caring and supportive setting. Group size limited. For more information, required intake and registration paperwork contact: Jeannine Comito, LMSW (631) 351-3253 Ext.3780 or JComito@huntingtonNY.gov.

Next Step Bereavement Group For Spousal Loss: Will meet on Thursdays from 10:30 to 12:00. Many participants choose to continue in a group setting after completing the Initial Bereavement Group sessions. 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.

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 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, July 15, 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.



HUNTINGTON 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.



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!



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Supervisor

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Councilman

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Theresa Mari
Councilwoman

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



TOWN OF HUNTINGTON

SENIOR CLUBS ~ WE WELCOME NEW MEMBERS

JULY 2026 SCHEDULE



Tuesday Clubs

Wednesday Clubs

Thursday Clubs

Friday Clubs

**Greenlawn
Senior Beach House**
239 Little Neck Road, Centerport

10:30am - 1:30pm

Tuesday, July 14

**Laurel
Senior Beach House**
239 Little Neck Road, Centerport

10:30am - 1:30pm

Wednesday, July 1

**Harborfields
Senior Beach House**
239 Little Neck Road, Centerport

10:30am - 1:30pm

Thursday, July 23

**Larkfield
Senior Beach House**
239 Little Neck Road, Centerport

10:30am - 1:30pm

Friday, July 17

**Nathan Hale
Senior Beach House**
239 Little Neck Road, Centerport

10:30am - 1:30pm

Tuesday, July 7

**Melville
Senior Beach House**
239 Little Neck Road, Centerport

10:30am - 1:30pm

Wednesday, July 8

**Hills
Senior Beach House**
239 Little Neck Road, Centerport

10:30am - 1:30pm

Thursday, July 9

**Wolf Hill
Senior Beach House**
239 Little Neck Road, Centerport

10:30am - 1:30pm

Tuesday, July 28



Whitman Village
160 Lowndes Ave. A
Huntington Station

10:30am - 1:30pm

Thursday, July 2



Board of Directors Meeting ~ September 9 ~ 9:30 - 11:30 am ~ Senior Center Room 104

For Additional Club Information, Contact: Maria Soskel, CLUB COORDINATOR ~ msoskel@huntingtonny.gov
You may visit any club twice before deciding on the club you wish to join! Perhaps you want to socialize, learn about current issues and resources, or take a trip with others. Maybe you just want to have fun. Look no more!





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 (Monday-Friday 10am - 5pm)
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

**Reminder: ALL bus seating is done as you pay!
No exceptions before or after.**

Holiday Hills Resort ~ Prospect, CT **Tuesday, August 25th** **\$142**
Includes: bus unlimited food buffet all day, DJ music & dancing, raffles, bingo, bocce, horseshoes, swimming pool with lifeguards, ice cream! Room for 50. Last call June 21.

The Legend of Sleepy Hollow ~ Washington Irving **Wednesday, October 7** **\$159**
Trip includes: Transportation, tour of Irving home, Cemetery, Union Church, early dinner, and all tips.
(if you wish bring something to eat for lunch.)

Note for all those attended Woodloch Pines Resort Trip in May 2026: if you are interested in going again this upcoming May 2027, Please call Bill (631.335.0996) to confirm your room. The rooms will be open to all starting August 1, 2026

MELVILLE CLUB: Contact Eileen at (631) 560-2490 or Nancy at (631) 463-5006.
Trips are non-refundable!

Woodloch Pines **Monday - Friday, October 19-23**
Includes: transportation, lodging, 2 meals a day, entertainment. Endless daily activities.
Rates: \$847.00 Triple / \$1,022.00 Double/ \$1,197.00 Single



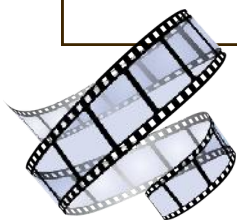
SENIOR CENTER: Contact Barbara Rooney (508) 769-1570
BROADWAY COMES TO NORTHPORT AT THE JOHN W. ENGEMAN THEATER... WHY NOT COME "PLAY" WITH US!
250 MAIN STREET, NORTHPORT NY 11768



Dear Evan Hansen

Saturday, September 12 at 2:00

Reduced Price





TOWN OF HUNTINGTON SENIOR CITIZEN 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 & Enjoy The Beautiful View Of Centerport Bay!

Sunday Hours: Noon - 4:45 and Monday -Friday: 10:00 - 3:45

Beach House Closed Friday, July 3 in observance of Fourth of July



Seniors! Seasonal Beach Permit Parking Registration is Required.

To register for FREE Senior Citizen Seasonal Beach Permit go to:

- <https://tohbeachpermit.com/>
click on to Senior Citizen Seasonal Beach Permit to register.

Need Additional Assistance?

- Visit the Flanagan Senior Center Monday - Friday 9:00am – 4:00pm.
- Or the Town of Huntington office of Parks and Recreation at Town Hall Monday - Friday 9:00am – 4:00pm.
- Have your vehicle registration and driver's license available for permit application.

Vehicles without Seasonal Beach Parking Permits will be ticketed.

Please note Register once and you never have to register again!

If you registered in 2025, do nothing unless you change your license plate.

For questions, please call 631-351-3089

Beach House Summer BBQ

Tuesday, July 28

11:00 - 3:30



Rain date: Wednesday, July 29

Entertainment with DJ Geoff

Admission \$1.00

JULY 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

Senior Clubs will be meeting at the Beach House, please see Club Calendar page for dates

Activity	Day	Place	Time
Bridge	Sunday	BH/Large Card Room	12:30 - 4:15
Pool Sharks (Informal)	Sunday	Cottage	12:30 - 4:15
Mahjong (Informal)	Monday	BH/Large Card Room	10:30 - 12:30
Ping Pong	Mon./Tues./Wed.	Cottage	10:00 - 3:00
Just Jammin' (Informal Music Group)	Monday Wednesday	BH/ Bayview BH/ Bayview	12:00 - 3:00 10:00 - 1:00
Social Dance	Tuesday	BH/Bayview	2:00
Harbormasters Art Group	Thursday	BH/Bayview	10:00 - 1:30
Advanced Art *Registration Required	Thursday	Cottage	10:00 - 12:00
Beginner/Intermediate Art *Registration Required	Thursday	Cottage	1:00 - 3:00
Harmonizers	Thursday	BH/Large Card Room	1:00 - 3:00
Adult Day Care Program Visit	Tuesday, July 14	Porch: Weather Permitting	11:00 - 2:00

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



THE TOWN ENDURES

TOWN OF HUNTINGTON SENIOR DIVISION

JOIN US FOR OUR ANNUAL
SENIOR BEACH HOUSE

B B Q

AND PICNIC



TUESDAY, JULY 28
11:00 AM - 3:30 PM

\$1.00 ADMISSION INCLUDES :
HOT DOG, DRINK
ENTERTAINMENT BY DJ GEOFF 1:30 ~ 3:30 PM
RAIN DATE: JULY 29

TICKETS CAN BE PURCHASED AT SENIOR CENTER,
CLUBS, OR SENIOR BEACH HOUSE
239 LITTLE NECK ROAD - CENTERPORT

BLANKET SPONSORS



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Supervisor

Dr. Dave Bennardo
Councilman

Jennifer Hebert
Councilwoman

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman



TOWN OF HUNTINGTON SENIOR DIVISION

END OF *Party* SUMMER BBQ



WEDNESDAY, AUGUST 26

11:00 AM - 3:30 PM



**\$1.00 ADMISSION INCLUDES: HOT DOG, AND DRINK
ENTERTAINMENT BY DJ BOB 1:30 - 3:30 PM
RAIN DATE: AUGUST 27**

TICKETS CAN BE PURCHASED AT THE SENIOR CENTER, CLUBS, OR SENIOR BEACH HOUSE
239 LITTLE NECK ROAD, CENTERPORT 631-261-9186


THANK YOU TO OUR SPONSORS



Sheila Ahadian DDS
State Of The Art Laser Dentistry
84 Green Street, Huntington, NY
Phone: (631) 673-9439
www.SheilaAhadianDDS.com



NYU Langone Health



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888.929.4929
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North Shore Pharmacy
25 Southdown Road, Huntington
Phone: 631.427.6262
Fax: 631.421.1220



Northwell
Huntington Hospital



EXCEL
AT WOODBURY
For Rehabilitation
And Nursing



ISLAND MEDICAID
Consulting Inc.
THE HOME CARE & NURSING HOME EXPERTS



IBH ISLAND BETTER HEARING
Restoring the Gift of SOUND



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Announcement Telephone Line 631.446.3705

Above telephone number to communicate Senior Division notifications of:

- class cancellations
- delayed openings
- WEATHER related closures **for the John J. Flanagan Senior Center or the Senior Beach House in Centerport**

*Call 631.446.3705 the message will begin after 4 rings
This extension does not accept voice messages from you*



Cinema Arts Centre will offer on the **last Friday of the month**, *any matinee first showing movie* for \$5.00 to Seniors with a Town of Huntington **Pink Senior ID card**.

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.

Don't Delay! Call Today! (Monday-Friday)

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.

Let's Walk, Huntington

**Join Councilwoman Hebert
July 5th at 12:00PM
as she takes on the
Huntington Trail Challenge!**

**Meet up at
Dix Hills Park-Woodland Trail Loop
and let's go
Hiking with Hebert!**



**Dr. Dave Bennardo
Councilman**

**Jennifer Hebert
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**Theresa Mari
Councilwoman**

“LET’S TALK, HUNTINGTON – MONTHLY Q&A WITH COUNCILWOMAN JENNIFER HEBERT.”

Councilwoman Jennifer Hebert invites all residents to join her for an open community conversation.

Your voice matters — we hope to see you there!

DATE	TIME	LOCATION
TUESDAY, JULY 7TH	6:30-8:00	ELWOOD LIBRARY 1929 JERICHO TURNPIKE EAST NORTHPORT, NY 11731

THIS IS YOUR OPPORTUNITY TO:

- ASK QUESTIONS
- SHARE CONCERNS
- OFFER IDEAS
- LEARN ABOUT LOCAL INITIATIVES

ALL COMMUNITY MEMBERS WELCOME.

CALL 631-351-3175 WITH ANY QUESTIONS



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Councilman

Jennifer Hebert
Councilwoman

Edmund J. Smyth
Supervisor

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Councilwoman

Theresa Mari
Councilwoman

COUNCILWOMAN THERESA MARI AND NORTHWELL HEALTH



present:



LYME DISEASE INFORMATION AND PREVENTION SEMINAR

GUEST SPEAKER: DR. ADRIAN POPP



July 9, 2026 • 2:00 PM

(CHECK IN BEGINS AT 1:45)

CINEMA ARTS CENTRE

423 Park Ave

Huntington, NY 11743



TO REGISTER SCAN QR CODE OR CALL
MICHELLE WRIGHT - 631-351-3173



"Together we can spread awareness, support those affected, and promote prevention."

Dr. Dave Bennardo
Councilman

Jennifer Hebert
Councilwoman

Edmund J. Smyth
Supervisor

Brooke A. Lupinacci
Councilwoman

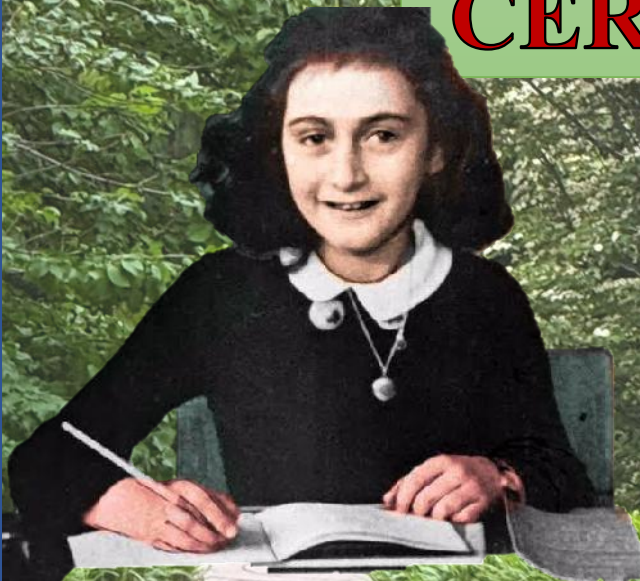
Theresa Mari
Councilwoman

The Town of Huntington in conjunction with
the Suffolk Y JCC

Proudly presents the



15th ANNUAL ANNE FRANK MEMORIAL CEREMONY



Featuring Holocaust
Survivor Ada Gracin

Friday, July 17, 2026
ARBORETUM PARK
48 Threepence Drive, Melville
11:00 AM – 12:30 PM

(In the event of rain, the ceremony will take place in the Town Board
Room, Huntington Town Hall, 100 Main Street, Huntington)

Dr. Dave Bennardo
Councilman

Jennifer Hebert
Councilwoman

Edmund J. Smyth
Supervisor

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman



LIBERTY 250



HUNTINGTON CELEBRATES AMERICAN INDEPENDENCE

★ ★ ★ ★ ★

250th Anniversary

★ ★ ★ ★ ★

Reenactment

★ ★ ★

of Huntington Independence Day



- Recreation of the events on July 22, 1776
- Reading of the Declaration of Independence
- Musket and Cannon Firing demonstrations
- 18th century crafts, trades, cooking, toys/games, and music
- Tours of The Arsenal

Saturday, July 18, 2026 • 12pm – 5pm

The Arsenal and Huntington Green, 425 Park Avenue, Huntington

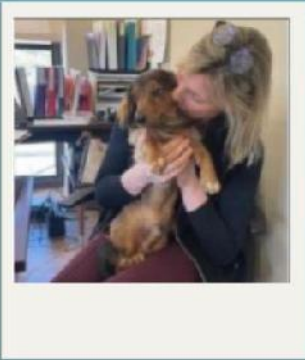
Rain Date: Sunday, July 19

Suffolk County Legislator Stephanie Bontempi and Huntington Councilwoman Theresa Mari

present:



LOVE MY PET PHOTO CONTEST



Nominate your pet by submitting
a photo by July 24th, 2026 via email to:
MAWright@HuntingtonNY.gov
Please include your name, your pet's name,
your email, and phone number

Seniors from the John J. Flanagan Center
will be selecting a winner to be honored at
the Town of Huntington Board meeting on
August 11, 2026 at 2PM.

**SUBMISSIONS MUST BE
TOWN OF HUNTINGTON RESIDENTS!**
for information call Michelle 631.351.3173



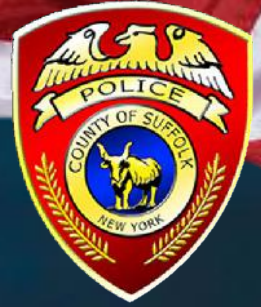
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POLICE - COMMUNITY PARTNERSHIPS

NATIONAL NIGHT OUT

@ Manor Field Park

110 E. 5th Street, Huntington Station, NY

Tuesday, August 4, 2026

(Weather Permitting)

4 PM – 7 PM

(Extended Spray Park Hours)

EVENT SPONSORS



Basketball & Soccer Tournaments, Food, Music, Bounce House, Obstacle Course, Spray Park, Hot Dogs, Ice Cream, Giveaways, Raffles, Community Organizations, Resources, Information and more. Something for everyone!

Come Celebrate Huntington's Strong Police-Community Partnership



The Town of Huntington Beautification Advisory Council's Annual Garden Appeal Awards

**Do you or someone you know have a beautifully landscaped property?
It's nomination time for the Beautification Advisory Boards Annual Awards.**

Guidelines for submission of candidates:

- All nominated properties must be within the Town of Huntington (except the 4 Incorporated Villages of Asharoken, Huntington Bay, Lloyd Harbor & Northport)
- All nominated properties must be *visible from the street*
- Properties may be designed either by a professional landscaper or by the occupant.
- Candidates can be a business, private home, public art, or other sites that enhances the Town.
- 5 and up to 10 photos and the nomination form can be submitted via the link, or use the QR code. →
- Entries must be received no later than September 14, 2026, for consideration for the 2026 Awards.



Awards will be presented at the annual award's ceremony on
Tuesday, October 27, 2026.

To nominate a property– click on the following link:
https://huntingtonny.formstack.com/forms/beautification_awards

Or follow on the QR Code above.

Please email questions to the Beautification Advisory Council at:
beautification@huntingtonny.gov.

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TOWN OF HUNTINGTON
11TH ANNUAL
SENIOR
TALENT SHOW

**GOT TALENT ?
WE'RE LOOKING FOR YOU!**

SAVE THE DATE: TUESDAY, OCTOBER 20 ~ 1:30 - 3:30 PM
MUSIC ~ DANCE ~ SONG ~ COMEDY ~ POETRY ~ AND MORE

RESERVE YOUR SPOT TODAY!

CALL BY AUGUST 28 TO SIGN UP

TOWN OF HUNTINGTON SENIOR CENTER:

(631) 351-3253



Edmund J. Smyth
Supervisor

Dr. Dave Bennardo
Councilman

Jennifer Hebert
Councilwoman

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman

HAVE A FOOD SAFE SUMMER



While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

1 in 6

Approximate number of Americans stricken with food poisoning each year



128,000

Estimated annual hospitalizations from foodborne illnesses



Did You Know?

U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).



Basic Tips

CLEAN



CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER. If you're at a picnic, bring moist towelettes to use!



Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!

SEPARATE



SEPARATE PLATES AND UTENSILS.

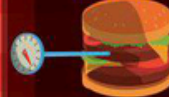
When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

COOK



USE A FOOD THERMOMETER.

Burgers: 160°F



Just because your burger is brown, not pink, doesn't mean it's safe to eat!

CHILL



CHILL RAW AND PREPARED FOODS PROMPTLY if not consuming after cooking.



Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

BARBECUE

Cook all meat and poultry to recommended internal temperatures.

Burgers: 160°F.

Chicken and Turkey: 165°F.

Sausage: 160°F.

Steaks: 145°F
with a 3-minute rest time.

FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.



ADDITIONAL SOURCE
CDC

USDA



Ad Council

For more summer food safety tips, go to

FoodSafety.gov

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



Can Diet Help with Inflammation?

Contributors: Barbara Gordon, RDN, LD

Reviewers: Academy Staff RDNs

Published: July 25, 2019

Reviewed: April 29, 2025

Did you know there may be a link between inflammation and increased risk for chronic diseases? Some studies have found an association between chronic inflammation and conditions such as heart disease and Type 2 diabetes.

Inflammation Is a Normal Body Response to Promote Healing

Typically, we think of signs of inflammation as redness, swelling and pain. However, inflammation can be both a sign that the body is fighting infection or trying to heal from injury.

Signs of inflammation may not always be obvious, like with a respiratory condition. Other signs might be easy to see, like a wound on the skin. Whatever the cause, long-term chronic inflammation may damage the body's DNA, increasing the risk for other chronic conditions.

Foods and Inflammation

While various anti-inflammatory diets are promoted online, researchers are still exploring how the foods we eat may affect inflammation. However, eating a variety of nutritious foods may help manage inflammation in the body by providing nutrients that help keep your immune system working well:

- Fruits and vegetables contain natural components called phytonutrients that may help protect against inflammation.
- [Healthy fats](#) that help boost brain and heart health, such as monounsaturated fats and [omega-3 fatty acids](#), may help reduce inflammation.

Foods high in saturated fats may increase inflammation. Plus, highly processed foods and other foods with trans fat also may be inflammatory.

Are There "Anti-inflammatory Foods"?

Dark chocolate (more than 70% cocoa), red wine, green tea, turmeric and ginger are thought to help reduce inflammation. But, much of the research on anti-inflammatory effects of these foods comes from studies done with lab animals. We cannot form conclusions about how these foods impact inflammation in people at this time. And, it is not yet known how much and how often "anti-inflammatory" foods must be eaten to combat inflammation. For now, the best advice is to adopt a healthy eating style.

Five Dietary Approaches That May Help Reduce Inflammation

Step 1: Make Fruits and Vegetables Half Your Plate

- Aim to include vegetables and fruits with every meal.
- Eat a variety of brightly colored vegetables and fruits.
- All forms count — including fresh, [frozen](#), [canned](#) and dried. Just be sure to look for products with no added sugars and lower amounts of sodium.
- Focus on vegetables from each subgroup weekly. Include dark green, red and orange vegetables, as well as beans and peas.

Step 2: Be Smart about Protein

- Five to six ounce-equivalents per day is appropriate for most people who are moderately active.

- An ounce-equivalent is equal to about 1 ounce of cooked animal-based protein like beef, poultry or fish; 1 egg; ¼ cup of cooked beans; 1 tablespoon of nut butter; or ½ ounce of nuts or seeds.
- Enjoy meatless meals with tofu, tempeh, [beans](#), peas and lentils.
- Choose leaner protein foods, such as skinless chicken or turkey or lean cuts of beef and pork.
- Include low-fat or fat-free dairy products, like skim milk and yogurt, which are lower in saturated fat.
- Minimize highly processed foods such as deli meat, bacon and sausage.

Step 3: Choose Healthy Fats

- Use monounsaturated fats, including olive, safflower, sunflower, canola, peanut and avocado oils.
- Eat omega-3 rich foods.
- Enjoy salmon or another fatty fish two to three times per week.
- Snack on nuts, such as walnuts.
- Toss ground flaxseed, [chia seeds](#) and hemp seeds into salads and other dishes.
- Minimize highly processed foods that contain partially hydrogenated oils and high amounts of saturated fat.

Step 4: Select Whole Grains

- Choose [whole-grain](#) flours and cereals more often, rather than those made with refined flour.
- Include a variety of [whole grains](#), such as brown rice, quinoa, millet and wheat berries.

Step 5: Experiment with Fresh Herbs and Spices

- Infuse flavor into your dishes by adding [fresh herbs](#).
- Spice up your recipes by experimenting with [spices](#).

Other Lifestyle Factors

While what you eat is important, it's not the only factor that impacts chronic inflammation. Some healthy habits to include in your lifestyle:

- Get adequate sleep — both quality and duration of sleep impact inflammation.
- Be active — regular physical activity has anti-inflammatory effects. Aim for 30 to 60 minutes of moderate-intensity physical activity per day on most days of the week.
- Achieve and maintain a healthy weight — excess body fat may contribute to increased inflammation.

Need Help Designing an Anti-inflammatory Diet?

A [registered dietitian nutritionist](#) can help develop an eating plan that fits your unique lifestyle, taste preferences and medical needs.

1. Clean

Always wash your food, hands, counters, and cooking tools.

- Wash hands in warm soapy water for at least 20 seconds. Do this before and after touching food.
- Wash your cutting boards, dishes, forks, spoons, knives, and counter tops with hot soapy water. Do this after working with each food item.
- Rinse fruits and veggies.
- **Do not** wash meat, poultry, fish, or eggs. If water splashes from the sink in the process of washing, it can spread bacteria.
- Clean the lids on canned goods before opening.



2. Separate (Keep Apart)

Keep raw foods to themselves. Germs can spread from one food to another.

- Keep raw meat, poultry, seafood, and eggs away from other foods. Do this in your shopping cart, bags, and fridge.
- Do not reuse marinades used on raw foods unless you bring them to a boil first.
- Use a special cutting board or plate for raw foods only.



3. Cook

Foods need to get hot and stay hot. Heat kills germs.

- Cook to safe temperatures:
 - Beef, Pork, Lamb 145 °F
 - Fish 145 °F
 - Ground Beef, Pork, Lamb 160 °F
 - Turkey, Chicken, Duck 165 °F
- Use a food thermometer to make sure that food is done. You can't always tell by looking.



4. Chill

Put food in the fridge right away.

- 2-Hour Rule: Put foods in the fridge or freezer within 2 hours after cooking or buying from the store. Do this within 1 hour if it is 90 degrees or hotter outside.
- Never thaw food by simply taking it out of the fridge. Thaw food:
 - In the fridge
 - Under cold water
 - In the microwave
- Marinate foods in the fridge.



Food Safety at Home

Why should you care about food safety?

Each year millions of people get sick from food illnesses. Food illness can cause you to feel like you have the flu. Food illness can also cause serious health problems, even death.

Think you have a food illness?

Call your doctor and get medical care right away.

- Save the food package, can, or carton.
- Call USDA at 1-888-674-6854 for meat, poultry, or eggs.
- Call FDA at 1-866-300-4374 for all other foods.
- Call your local health department if you think you got sick from food you ate in a restaurant or other food seller.

Who is at risk?

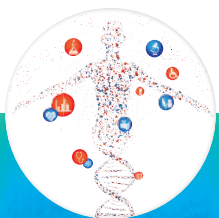
Anyone can get sick from eating spoiled food. Some people are more likely to get sick from food illnesses.

- Pregnant women
- Older Adults
- People with certain health conditions like cancer, HIV/AIDS, diabetes, and kidney disease

Some foods are more risky for these people. Talk to your doctor or other health provider about which foods are safe for you to eat.

This fact sheet was developed by the FDA Office of Women's Health.
To get other women's health resources, go to

www.fda.gov/womens



➤ Fire Extinguisher Safety

While other trainings focus on fire prevention, this safety talk discusses how to select, use, store, and maintain fire extinguishers.

Before learning the basics of fire extinguisher safety, you need to understand how a fire burns and the different classes of fire.

FUEL + OXYGEN + HEAT = FIRE



A fire needs to maintain a balance of three things to sustain itself: fuel, oxygen, and heat. Control any of these elements and the fire will be extinguished.

Imagine if your flammable liquid cabinet was on fire. Would a water-based (Class A) fire extinguisher work?

No, it would make the fire worse for several reasons. Although it appears to eliminate oxygen, water-based extinguishers work by quickly absorbing heat which stops the exothermic reaction extinguishing the fire, but this only applies to ordinary combustibles involving wood, paper, cloth, rubber and plastics.

Flammable liquid fires generate higher temperatures boiling the water instead of suppressing the heat. Additionally, water is denser than many flammable liquids sinking below the liquid fuel where it evaporates and carries the flammable liquid into the air causing further spread and intensifying the fire. If the fire is hot enough, water can quickly vaporize causing a steam explosion.

CLASSES OF FIRE

Before grabbing a fire extinguisher, identify the type of materials fueling the fire, for example:



Wood, paper cloth, rubber, and many plastics



Gasoline, petroleum, greases, tars, oils, Oil-based paints, solvents, alcohols, propane, butane



Computers, servers, motors, transformers, appliances



Magnesium, titanium, zirconium, lithium, potassium



Animal & vegetable fats

For each type of fire, there is a corresponding extinguisher. Most fire extinguishers can be used on multiple types of fire and are labeled A-B-C. Always use the appropriate type of extinguisher for the fuel involved in the fire.

WHEN TO USE A FIRE EXTINGUISHER

After identifying the type of fire involved, don't reach for the fire extinguisher just yet. First, notify others of the workplace fire. Sound the alarm, call 911, and assess the situation.

Only use a fire extinguisher if you have a clear escape route, **and** the fire is small. Fire extinguishers are designed for use on small fires. If a fire is too large or spreading rapidly, it's important to evacuate immediately.

REMEMBER 'PASS'

When using a fire extinguisher remember the acronym **PASS – Pull, Aim, Squeeze, Sweep**

PULL the pin at the top of the fire extinguisher. This will break the tamper seal and allow you to discharge the extinguisher.



AIM the nozzle or hose at the base of the fire. Do not aim at the flames; instead, direct the extinguishing agent at the source of the fire.



SQUEEZE the handle to discharge the extinguishing agent. Release the handle to stop the discharge. Use short bursts rather than a continuous stream to conserve the extinguishing agent.



SWEEP the nozzle or hose from side to side while continuing to aim at the base of the fire. This sweeping motion helps to ensure that the entire area of the fire is covered.



OTHER TIPS:

- ✓ Stand at a safe distance from the fire, but close enough to effectively aim and control the extinguisher
- ✓ Even if you think you've extinguished the fire, keep an eye on the area in case it reignites
- ✓ If you're unable to control the fire, if it's spreading rapidly, or if you're uncertain, evacuate the area immediately and call emergency services.
- ✓ Ensure that fire extinguishers are regularly inspected and maintained to ensure they are in working order.

Thank You

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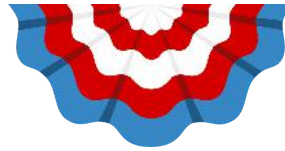
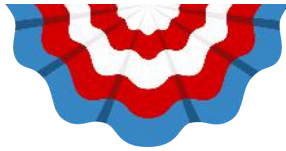
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