

TOWN OF HUNTINGTON



SENIOR CENTER SUPPORT SERVICES

Laurie Byrne, LMSW

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



Support Services for Caregivers

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

IF YOU REQUIRE SENIOR SUPPORT SERVICES, PLEASE CALL THE SENIOR CENTER
MONDAY THROUGH FRIDAY BETWEEN 9:00 AM - 4:00 PM FOR ASSISTANCE: (631) 351-3253
Pink Membership card is required to participate in any program.

SUPPORT GROUPS	MARCH DATES	PLACE	TIME
Initial Spousal Loss Intake required	<i>12-week series:</i> Wednesday: 5, 12, 19, 26	Room 106	1:30 - 3:00 PM
Next Steps Group for those who have lost a spouse Intake required	<i>12-week series:</i> Monday: 10, 24	Room 213	1:30 - 2:30 PM
The Road Now Traveled Intake required	Monday: 3, 17, 31	Room 213	1:30 - 2:30 PM
Caregiver Support Group	Friday: 14, 28	Room 106	10:30 AM - 12:00 PM
Caregiver Yoga with Sally	Tuesday: 4, 11, 18, 25	Room 106	2:15 - 3:15 PM
Veterans Support Group w/ Ron	Thursday: 20	Library	10:30 - 11:45 AM

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

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

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

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

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

SUFFOLK COUNTY OFFICE FOR THE AGING: SENIOR ADVOCATE
Wednesday, March 19 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.**