

TOWN OF HUNTINGTON

Frank P. Petrone, Supervisor

Mark Cuthbertson
Councilman

Susan A. Berland
Councilwoman

Eugene Cook
Councilman

Tracey A. Edwards
Councilwoman

Department of Human Services
Senior Citizens Division

ADULT DAY CARE

November 2016

Special Events



Wednesday, 2nd

*Celebration of Life with
Steve Cassano*

Wednesday, 9th

*Jazz Fest with
Gibraltar Jazz*

Friday, 18th

*Music & Dancing with
Bob Serrao*

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DEPARTMENT OF HUMAN SERVICES

Jillian Guthman-Abadom, Esq., Director

SENIOR CITIZENS DIVISION

Holli Dunayer, MSW, Director

423 Park Avenue, Huntington

Hdunayer@HuntingtonNY.gov

Amy Geist, MPS, Adult Day Care Program Supervisor

Amy.Geist@HuntingtonNY.gov

Adult Day Care.....631-351-3293

Senior Center Main Office	351-3253
Mary Hansen Center Manager.....	Ext. 4015
Geri Van Dyke..... Home Delivered Meals Supervisor.....	421-1273
Julia Frangione Programs, Trips & Beach House Supervisor.....	Ext. 4006
Keri Brown..... Caregiver Support Coordinator.....	Ext. 4016
Maria Soskel EISEP, Volunteer & Club Coordinator	Ext. 4001
Lou Horne Residential Repair Program Coordinator.....	Ext. 4002
Heather Warringer..... Senior Housing, Community Development.....	351-2881

Huntington Senior Citizens Board of Directors

Gladys Mayette, *Chairperson*



*FROM THE
SUPERVISOR'S DESK*

Frank P. Petrone,
Supervisor

The holiday season begins later this month, and I know that you are all beginning your preparations for getting together with family, eating Thanksgiving dinner and shopping for Christmas and Hanukkah.

Here at Town Hall, we begin our preparations in early summer, when we meet with the Huntington and Huntington Manor Fire Departments, the Huntington Village Business Improvement District, the Huntington Township Chamber of Commerce and all the volunteers who work so hard to make the annual Holiday Parade and Festival such a popular event. Each year, we try to add something new, to keep the thousands of people who attend the event keep coming back. We also have spread the activities out throughout the day, to make the Saturday after Thanksgiving truly special in Huntington village.

Last year, the new addition was a gingerbread house contest for the bakeries in Town. This year, the contest adds a second category, for home bakers. But the newest addition this year is a permanent location for the holiday tree – at the Shore 8 theater on Wall Street. It will now be a live tree, so it can be lit year after year.

So if you're looking for something different to do on November 26, come down to Huntington village. There will be carolers by day, the parade at 6 p.m. and the festival on Wall Street after that. And bring the grandkids, because there will be plenty for them to do, from crafts at the Huntington Public Library and Panera Bread by day to inflatable bounce houses at the festival to a chance to speak with Santa.

I wish you all a Happy Thanksgiving and a joyous beginning to the holiday season.

Frank P. Petrone

*DIRECTOR'S
MESSAGE*

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



On November 24, 2016 as a country we will celebrate Thanksgiving. The vastness for which we should be appreciative is tremendous. Often through life's challenges we forget some of the things for which we are fortunate.

I challenge you each for the month of November to spend a few minutes each morning before you officially start your day to reflect on three things for which you are grateful. The items need not be grand or of a specific value or nature just merely things for which you are appreciative.

There is so much for us to appreciate even during the midst of hardship. We are resilient and we have the tools to move mountains. Sometimes we are prone to look at our circumstances relative to the people around us. We can fall into a mindset whereby we feel that there is not enough for everyone so how do we make sure we get our "piece of the pie." As much as I enjoy pie, I'm glad life is not such a limited reality.

So many of the things that we need to feel good are abundantly present in and around us. That sense of wellbeing gets stronger the more we reflect on our inner strength and worth. With that inner awareness, we can enjoy the pleasure of recognizing the beauty in others. What joy I get from recognizing good character and kindness from the people I am around. The mindset of abundance can take some effort to achieve particularly where one has experienced scarcity of something important during one's lifetime, such as a shortage of food, opportunity, access, love... I think if we maintain an awareness of life's abundance we can achieve an outlook on life that enriches, not just ourselves but the people around us.

Know that I perpetually feel enriched by my friends at the Senior Center. You amaze me with your commitment to seizing the day, your pearls of wisdom, and your tenacity! You each are precious jewels that make up the invisible 5 karat diamond solitaire that I have close to my heart and for which I am thankful. Happy Thanksgiving!

Jillian

Huntington Adult Day Care Program

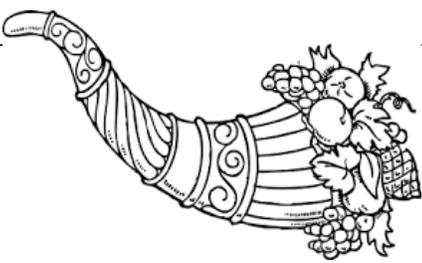
423 Park Ave, Huntington

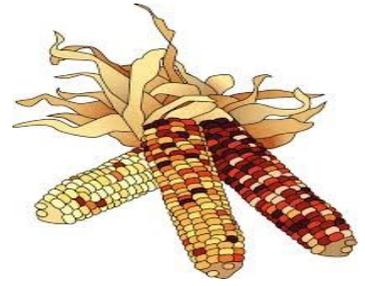
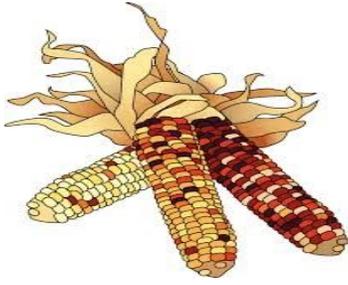
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HuntingtonNY.gov/ADC



November 2016

MONDAY	TUESDAY	WEDNESDAY
	1 ROAST PORK All About November SGA: Computer Tablets Brain Gym  	2 KRAB CAKES Chat Time <i>Celebration of Life</i> With <i>Steve Cassano</i> 
	7 CHICKEN FAJITA Semper Fi Anniversary SGA: Art with Marie Basketball Bingo 	8 CLOSED 
14 CHICKEN HERO "He" Game SGA: Art with Marie Ring Toss 2 to 12 Dice Game  	15 SPAGHETTI & MEATBALLS Podiatrist Brain Gym Ken at the Piano Recycling Day  	16 ROAST PORK Mystery Person Art with Sue Horseshoes Crossword Puzzle  
21 MEATLOAF Numerous Numbers SGA: Art with Marie Pitch Pipe Program Members' Choice  	22 CHICKEN TERIYAKI Brain Gym SGA: Computer Tablets Yoga    <i>Happy Birthday Norbert</i>	23 PORK CASSOULET Giving Thanks Art with Sue Pin the Tail on the Turkey Bingo 
28 BEEF STROGANOFF Superstitions SGA: Art with Marie Ring Toss Who am I? <i>Happy Birthday Bob</i>  	29 ROAST PORK Brain Gym SGA: Computer Tablets Movie of the Month "The Bucket List"  	30 KRAB CAKES All About Marbles Art with Sue Bottles & Hoops Hollywood Stars <i>Happy Birthday David</i> 



THURSDAY	FRIDAY
3 LEMON CHICKEN Words, Words, Words SGA: Sensory Room Brain Gym Sign Language Lessons  	4 POTATO CRUSTED COD Hangman Soccer Bingo Bonanza   
10 CHICKEN PAPPAGALLO Brain Gym SGA: LCR Pitch Pipe Program Honoring our Veterans   	11 CLOSED 
17 TURKEY & TRIMMINGS Name That Hero SGA: Sensory Room Pitch Pipe Program Sign Language Program  	18 BROILED FLOUNDER Vegas Bingo <i>Music & Dancing with Bob Serrao</i>  
24 CENTER CLOSED 	25 CENTER CLOSED Closed For Thanksgiving 
	

ONGOING

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

November HIGHLIGHTS

Wednesday, 2nd
Celebration of Life with Steve Cassano

Wednesday, 9th
Jazz Fest with Gibraltar Jazz

Friday, 18th
Music & Dancing with Bob Serrao



TOWN BOARD MEETING
 November, 10th
 At 2 PM

Tap Dancing with the Red Hot Mamas



Teddy Roosevelt with James W. Foote



October Birthdays



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: November 1, 15, 22, and 29
2:00 - 3:00 pm, Room 106



Art Therapy

Wednesdays: November 2 and 16
10:30 am - 12:30 pm, Room 205

Daytime Support Group

Thursday, November 3 and Monday, November 14
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 Keri Brown
631-351-3253 Ext. 4016**

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. See Keri Brown in Room 110 or call her at 631.351.3253 Ext. 4016

Are you grieving the loss
of a loved one?

Join our Bereavement
Support Group

Monday, November 21
10:30 - 11:30 am
Room 117 (Library)

Veterans

Join us in Dining Room
Thursday, November 10
11:00 am - 2:30 pm
Veterans Day Recognition



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
November date to be determined 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.

Assistance with HEAP Applications

Paumanack III & IV, 150 Duncan Elder Dr., Greenlawn - Community Room
Thursday, November 17 - 2:00 - 5:00 pm

Let's Talk: A group for women

Paumanack I & II, 650 Paumanack Vill. Dr., Greenlawn Paumanack III & IV, 150 Duncan Elder Dr., Greenlawn
2nd and 4th Monday of the month at 11:00 am 1st and 3rd Tuesday of the month at 11:00 am

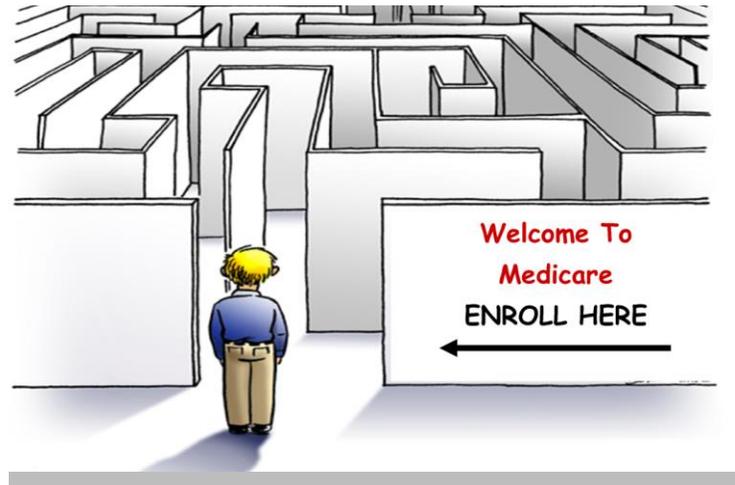
These groups are facilitated by a Hands on Huntington Social Worker. Enjoy a supportive environment created by a circle of women. Talk about issues important to you. Get emotional support during difficult times. Get information and resources to help you cope.



American Sign Language Class at the Town of Huntington Senior Center (423 Park Avenue) Room 205
Mondays: 12:45 ~ 1:45 pm Beginners welcome!

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.

ONE-ON-ONE MEDICARE COUNSELING AND ASSISTANCE



Register for an appointment to meet individually with a **Suffolk County RSVP** (Retired Senior Volunteer Program) volunteer from **HIICAP** (Health Insurance Information, Counseling & Assistance Program) to answer questions and provide information specific to your needs regarding: **Medicare Health Insurance and Benefits, Medicare Savings Programs, Extra Help for Prescription Drugs and EPIC** (Elderly Pharmaceutical Insurance Coverage).

Appointments will be on First Wednesday of the Month
November 2 between 9:00 am – Noon

Must be Medicare Eligible!

For more information and to schedule an appointment, contact:
Keri Brown in Room 110, (631) 351-3253 Ext. 4016,
KLBrown@HuntingtonNy.gov

HIICAP is a federally-funded program from the Centers for Medicare & Medicaid Services (CMS). HIICAP is a sponsored service project of the Retired Senior Volunteer Program of Suffolk funded by the Suffolk County Office For The Aging.



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ALZHEIMER'S FOUNDATION
OF AMERICA

*Community Memory Screenings
& Awareness-Raising Education*



November is Memory Awareness Month

Come to the Town of Huntington's Senior Center and stimulate your mind!

Memory Screening by appointment only

Sign up in Senior Center Front Office

Wednesday, November 2 ~ 10:00 am – 1:30 pm in Room 110

"Is it Memory or Alzheimer's?"

Dr. Penny Stern

Wednesday, November 2 ~ 1:30 pm in Room 104

Movie "I'll Be Me - Glen Campbell Story"

Friday, November 4 ~ 1:00 pm in Room 104

Power Brain Gym Class

Emily Eisen, M.Ed

Director of Brainworks Plus

Wednesday, November 9 ~ 2:00 - 3:00 pm in Dining Room

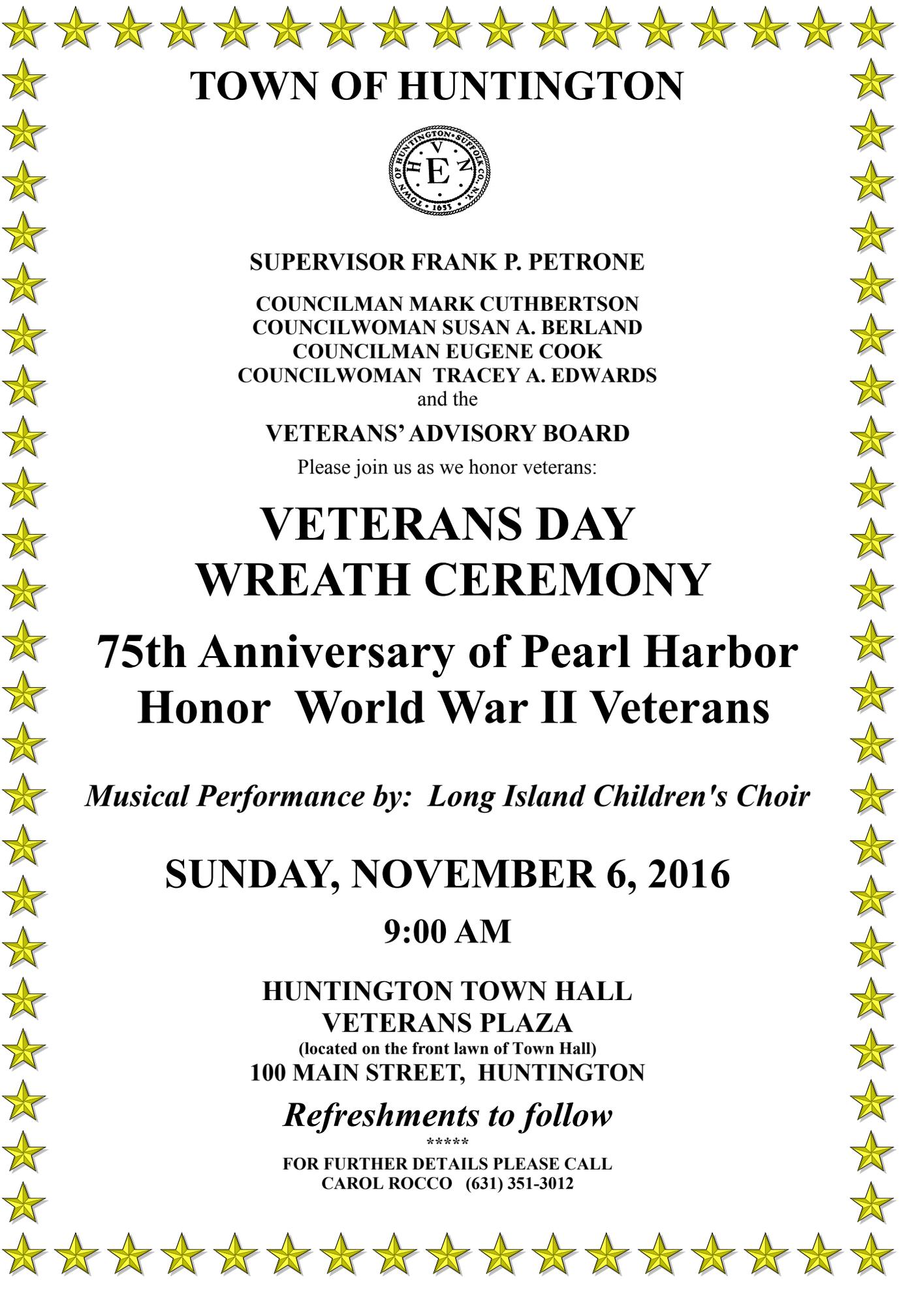
-  *Are you more forgetful or experiencing memory loss?*
-  *Do you have trouble recalling words or names in conversation?*
-  *Are you misplacing things more often?*

If you answered yes to any of these questions you may benefit from a free ten minute confidential memory screening provided by the Alzheimer's Foundation of America (AFA).

The benefits of a memory screening may include:

Identification of the cause of a memory loss. Increased safety and quality of life within the home and community.

Please be advised that the memory screen is for informational purposes only.



TOWN OF HUNTINGTON



SUPERVISOR FRANK P. PETRONE

**COUNCILMAN MARK CUTHBERTSON
COUNCILWOMAN SUSAN A. BERLAND
COUNCILMAN EUGENE COOK
COUNCILWOMAN TRACEY A. EDWARDS
and the**

VETERANS' ADVISORY BOARD

Please join us as we honor veterans:

VETERANS DAY WREATH CEREMONY

**75th Anniversary of Pearl Harbor
Honor World War II Veterans**

Musical Performance by: Long Island Children's Choir

SUNDAY, NOVEMBER 6, 2016

9:00 AM

**HUNTINGTON TOWN HALL
VETERANS PLAZA
(located on the front lawn of Town Hall)
100 MAIN STREET, HUNTINGTON**

Refreshments to follow

**FOR FURTHER DETAILS PLEASE CALL
CAROL ROCCO (631) 351-3012**

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



AT YOUR SERVICE AT THE SENIOR CENTER

ADULT DAY CARE SERVICES: Social Model Day Care for the frail elderly. Monday through Friday 8:00 a.m. to 4:00 p.m. Planned activities, socialization, hot meals and snacks provided. For more information call Amy Geist at 351-3293.

CAREGIVERS SUPPORT*: Support groups and stress management for caregivers and for those diagnosed with Alzheimer's/Dementia. Contact Keri Brown at 351-3253 Ext. 4016.

SMART DRIVING COURSE: 7-hour class offered bi-monthly by AARP for Huntington residents ages 50 & older. Please call 351-3253 for the next available date.

EISEP (EXPANDED IN-HOME SERVICES FOR THE ELDERLY PROGRAM)*: Case management and non-medical, in-home care for persons over 60 who are unable to perform home management tasks. Services may include shopping, laundry & light housekeeping. Persons must be above Medicaid eligibility. Call Suffolk County Office for the Aging at 853-8200.

HOME DELIVERED MEAL PROGRAM*: Delivers meals to seniors who live alone and are unable to shop and cook on their own. Contact Geri Van Dyke at 421-1273.

SENIOR HOUSING: Information on various housing programs including eligibility guidelines for various independent, rental and assisted living communities within the Township of Huntington and Suffolk County. Contact Heather Warringer at Town of Huntington Community Development Agency, 351-2881.

MEMBERSHIP CARDS: Huntington senior membership cards are available free of charge for senior residents age 60 and older. This card is required for you to participate in Senior Division programs and clubs. If you plan on attending any of our programs, we highly recommend that you provide us with a list of your medications and medical conditions, as well as the names and phone numbers of your primary physician and personal contact, in the event of an emergency. This information will be kept in a secure location. Please bring proof of residency and age to the Senior Center front office, 423 Park Ave., Huntington, Monday through Friday, 8:30 a.m. to 4:30 p.m., the Beach House during summer hours, or to your club leader.

OPERATION MEDICINE CABINET: Drop off unwanted, unused, or expired over-the-counter or prescription medications at a safe and secure location. Officers will be available to collect the medications on the first Wednesday of every month in the Senior Center Dining room. (*Liquid medications will not be collected.*)

PODIATRIST VISITS: Second Tuesday and Wednesday of the month, 10:00 a.m. in Room 204. Please bring "Explanation of Medicare Benefits," a form showing latest deductible.

RESIDENTIAL REPAIR PROGRAM*: Small household repairs that Huntington residents over age 60 are not able to manage. You are charged for parts and supplies only. Contact Lorenzo Horne at 351-3253, Ext. 4002, between 9:00 a.m. and noon.

SENIOR CITIZEN ASSISTANCE & REFERRALS: Contact Keri Brown at 351-3253, Ext. 4016.

INTERESTED IN VOLUNTEERING? We need help with a variety of activities at the Senior Center, Adult Day Care and our Beach House. If you are interested in helping others, here are some areas in which you could assist: Telephone Reassurance, Serving Coffee & Snacks, Gift/Thrift Shop, Welcoming Committee, Office Assistance, Teach a Class or Run a Group. Let us know how you would like to share your talents and skills. Contact Maria Soskel at 351-3253.

VOLUNTEERS NEEDED

Chip Room Cashiers: Thursday 10:00 a.m. - 1:30 p.m.

Gift Shop Associates: Wednesday or Thursday 10:00 a.m. - 3:00 p.m.

Nexus Tablet Teacher: Monday - Friday (any day) 10 a.m. - 2:00 p.m.

Basic Computer Instructors: Monday, Wednesday or Thursday 1:00 a.m. - 2:00 p.m.

* These programs are jointly funded by the Town of Huntington, Suffolk County and New York State.



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631-351-3253

Contact Us:

Email: Seniors@HuntingtonNY.gov

Website: TOHseniors.com

Facebook: [Town of Huntington Senior Center](https://www.facebook.com/TownofHuntingtonSeniorCenter)