

# Helping Seniors

Maintain their Independence and Quality of Life

## Hands on Huntington NORC

### **What Is Hands on Huntington?**

Hands on Huntington serves seniors age 60 and older who reside in portions of Huntington, Greenlawn, and East Northport in what is known as a Naturally Occurring Retirement Community (NORC).

Hands on Huntington mobilizes the community and enhances the quality of life of seniors by helping them remain in the homes and communities they helped to build. It also improves their access to social, health, educational, recreational and other services.

Hands on Huntington is a collaborative initiative of FECS Health and Human Services, the Town of Huntington, North Shore-LIJ Health System, the Suffolk Y, and many other community partners. Most services are available at no cost to the participant.

### **Hands on Huntington Offers**

- Needs assessment, information and referral
- Counseling and support groups
- Linkages to services and benefits
- Health care management
- Educational and recreational programs
- Volunteer services and volunteer opportunities - enabling seniors to actively participate in their community

### **How Do I Access these Services or Volunteer?**

Please contact Hands on Huntington at:

**631.351.6610**

### **Hands on Huntington**

423 Park Avenue, Huntington, NY 11743

This program is funded by grants from the New York State Office For the Aging, United Way of Long Island, and support from FECS and the Town of Huntington.



North Shore-Long Island Jewish Health System

# Hands on Huntington NORC

You are eligible to participate in this program if you live anywhere in the area shaded in light blue.

