



Hands on Huntington
423 Park Avenue
Huntington, NY 11743



Town of Huntington



FEGS
HEALTH & HUMAN SERVICES



SUFFOLK Y JEWISH COMMUNITY CENTER

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~ NEWSLETTER ~

Volume 9

A Partnership between the Town of Huntington Senior Services Division and FEGS Health and Human Services

Hands on Huntington 4th Annual Beach House Brunch and Raffle

Hands on Huntington (NNORC) held a very successful Annual Beach House Brunch on November 13, 2013. It was greatly enhanced by wonderful donations from local merchants & the Town of Huntington Senior Division. A successful raffle was held with over 53 baskets filled with items and gift certificates from local businesses. A musical medley was sung by a very talented singer, **Connie Shakalis**. One hundred seniors enjoyed this beautiful brunch and many went home with wonderful prizes.

We encourage you to support those that supported our efforts.

**A Special Thank You to
Our Local Merchants for their Brunch Buffet & Raffle Prize Donations**

BUFFET

- Atria, Huntington
- Caring People
- Dunkin Donuts of Greenlawn
- Dunkin Donuts of Huntington
- Everbest Bakery & Pastry Shoppee, East Northport

- Hilaire Rehab & Nursing
- Reinwald's Bakery, Huntington
- Senior Helpers
- Your Health Insurance Agency

RAFFLE PRIZES

Greenlawn Donors

- Azure Chocolat
- Andre's Hair Salon
- Broadway Pizza & Catering
- Camania Pasta & Pizza
- Curves of Greenlawn
- Flag Wines & Liquors
- Grecian Corner Café

- Greenlawn Cleaners
- Greenlawn Family Restaurant
- Greenlawn Hairstyling Boutique
- Grooming on Broadway
- Jimmy's Pizza of Greenlawn
- Lisa's Buffalo Grille
- Miltner & Sons

- Pawfect Pet Den
- Super Cuts
- The Yogurt Factory
- Urban Coffee
- Victor's Haircutting
- Waldbaum's

Huntington Donors

- A Rise Above Bake Shop
- Beauty Bar
- Cactus Salon
- Café Buenos Aires
- Café Red

- Charming Nails
- Frank's Car Care
- Honu Kitchen & Cocktails
- La Chic
- Lion in the Sun

- Panera Bread
- Salon 44
- The Home Depot
- The Paramount
- Tres Jolie

East Northport Donors

- Best Yet Market
- Hello Nail & Spa

Wheatley Heights Donor

- Math Tutoring by Daniel Rubin

Newsletter Staff

- Pearl Burian
- Lorraine Drouin
- Emily Fine
- Janet Hoffman
- Maria Hottinger
- Meg Lawrence
- Case Regeer
- Renée Rubin-Ross
- Dave Stevens
- Brenda Weems

Huntington Town Board

- Frank P. Petrone, Supervisor
- Mark Cuthbertson
- Susan A Berland
- Eugene Cook
- Tracey A. Edwards

Hands on Huntington

- 423 Park Ave.
- Huntington, NY 11743
- 631-351-6610
- Tina Block, LMSW, Director
- Anne Jaffe, RN, Nurse



Hands on Huntington (HOH) actively engages seniors and improves their access to social, recreational and health services. Funded through the New York State Office of Aging Neighborhood Naturally Occurring Retirement Community (NNORC) Program, HOH serves seniors who reside in portions of Huntington, Greenlawn and East Northport. This initiative is also supported by FEGS, Town of Huntington, and the United Way of Long Island, and engages partners including North Shore-LIJ, Suffolk Y JCC and others.

THE HEALTH CORNER

STROKE is an emergency every minute counts
ACT F.A.S.T!

- **F**ace → uneven smile, facial droop
- **A**rm → arm numbness, arm weakness
- **S**peech → slurred speech, difficulty speaking or understanding
- **T**ime → **call 9-1-1** immediately

Have the ambulance go to the nearest stroke center.

Stroke risk factors

High blood pressure	Heavy alcohol use	Family history of stroke
High cholesterol	Physical inactivity and obesity	Smoking
Heart disease	Atrial fibrillation (irregular heartbeat)	Diabetes

For more information about stroke, contact:

American Stroke Association
www.strokeassociation.org
 1-888-4-STROKE

National Stroke Association
www.stroke.org
 1-800-STROKES

Hands on Huntington Fundraising Committee

Pearl Burian	Cosme Cueba	Lorraine Drouin	Ruth Eulau	Emily Fine
Jean Garvin	Barbara Hand	Stephanie Laureano	Meg Lawrence	Corinne Mulcahy
Cornelius Regeer	Renée Rubin-Ross	David Stevens	Irene Sutter	Brenda Weems

Beach House Brunch



TINA'S BLOCK

What is Hands on Huntington and how can it help me?

This exciting program has been providing services and assistance to seniors since 2007. Hands on Huntington (HOH) is a partnership between FECS Health and Human Services, the Town of Huntington, North Shore LIJ Health System and the Suffolk YJCC. The program is dedicated to promoting the autonomy and independence of Seniors helping them to remain self-sufficient while aging with dignity and remaining in their homes.



HOH works in cooperation with the local community Health and Social Service agencies offering easily accessible services for the NNORC community without a lot of red tape. What does NORC mean? Very simply, a Neighborhood Naturally Occurring Retirement Community. A neighborhood can be designated a NNORC when the residents have aged in place and at least 40% of the population is 60+. A NNORC serves a limited area to keep the programs neighborhood based (see map). NNORC programs are pro-active and the Seniors participate in planning activities, identifying priorities, and building a sense of community in their neighborhood. The Hands on Huntington NNORC is funded by a grant from the NY State Office for the Aging, with support from the town of Huntington and United Way.

With so many services to choose from who does one call in time of need? With one phone call to the NNORC office (631-351-6610) we will help you tap into the right community service. Please speak slowly when you leave your name and phone number and we will get back to you.

Check your mail for our monthly postcard for information on our next Board meeting. We look forward to your participation.

Welcome to the new Hands on Huntington nurse

Ann Jaffe, RN brings over 35 years experience as an RN to our community. She has worked professionally in the areas of home care, oncology and multi-specialty group practices. Ann is very excited to join the NNORC program and looks forward to meeting all of you.



The Hands on Huntington nursing service program assists our community in many ways by providing:

- Information and education about your medical issues, new diagnosis and medications you are taking
- Services to monitor your health issues and blood pressure
- Resources and referrals for needed services
- Self advocacy assistance to improve patient/doctor communication

HOH Bringing in the New Year at the Suffolk Y JCC

