



Town of
Huntington
A Shore to Explore Since 1653
Long Island, NY

Senior Resource Guide
Fall Edition



Town of Huntington

Department of Human Services

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Senior Citizens Division

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(631)351-3253

Huntington Senior Citizens Board of Directors

Gladys Mayette, Chairperson

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Phone Directory Senior Division

Senior Center.....	Main Office.....	351-3253
Lysa DeTroy	Center Manager	
Mary Hansen	Home Delivered Meals	
Julia Frangione	Events, Trips, Beach House	
Holli Dunayer, MSW.....	Social Worker, Caregiver Support	
Maria Soskel.....	EISEP, Volunteers & Clubs	
Lou Horne.....	Residential Repair Program	
Kristin Cavalieri.....	Newsletter	
Amy Geist.....	Adult Day Care	351-3293
Heather Warringer	Senior Housing, Community Development.....	351-2881

Other Important Town Phone Numbers

Centerport Cottage.....	261-1058
Handicap Services.....	351-3068
Human Services.....	351-3058
Minority Affairs.....	351-2862
Parks & Rec.....	351-3089
Senior Beach House.....	261-9165
Town Clerk.....	351-3206
Town Hall.....	351-3000

On-going Activities at the Senior Center

~Classes & class times are subject to change.

Please check *Calling All Seniors* monthly newsletter~

Please Note All classes & activities are open to

Town of Huntington Senior Residents Only, with Senior Member Card

Arthritis Exercise	Mondays	11:30 a.m. - 12:30 p.m.
Multimedia Art	Wednesdays	10:00 a.m. - 3:30 p.m.
Bereavement Support Group	Last Thursday of the Month	10:30 - 11:30 a.m.
Bingo, Jingo, Pokeno *Classes Rotate*	Tuesdays	12:45 p.m.
Blood Pressure Screenings	3rd Thursday of the Month	10:00 a.m. - Noon
Brain Gym	Once a Month	Check <i>Calling All Seniors</i> monthly newsletter for date and time
Bridge Lessons	Wednesdays	10:00 a.m. - Noon
Card Playing	Daily as available	9:00 a.m. - 4:30 p.m.
Charity Workshop	Thursdays	9:30 a.m. - 2:30 p.m.
Chess	Mondays & Fridays	1:30 -2:30 p.m.
Coral Group Sunshine Singers	Tuesdays	9:30 - 10:30 a.m.
Computer Class In Korean	Mondays	10:00 a.m. - Noon Check <i>Calling All Seniors</i> monthly newsletter for dates
Computer Instruction	Tuesdays & Fridays	1:00 - 2:00 p.m. Sign up Required
Dance Fitness	Wednesdays 10/2 - 12/11	9:00 - 10:15 a.m.
Discussion Group	Mondays	1:45 p.m.

Duplicate Bridge	Thursdays	1:30 - 4:00 p.m.
Fitness Strength Training	Tuesdays	9:15 - 10:15 a.m.
Line Dancing	Mondays	1:00 - 2:00 p.m.
Mahjong	Thursdays	9:30 a.m. - Noon
Meditation	1st Thursday of the Month	1:45 p.m.
Movies	Fridays	1:00 p.m.
Osteoporosis Prevention Exercise	Thursdays	11:00 a.m. - Noon
Photography Club	Tuesdays	2:00 - 3:00 p.m.
Podiatrist	2nd Wednesday of the Month	8:30 - 11:30 a.m.
Reading Theater	2 Tuesdays per Month	2:00 - 3:30 p.m. Check <i>Calling All Seniors</i> monthly newsletter for dates
SCOFA Advocate	1 Wednesday per Month	9:00 a.m. - Noon Check <i>Calling All Seniors</i> monthly newsletter for dates
Sit & Be Fit Exercise	Fridays	11:00 a.m. - Noon
Smart Driving	2nd Friday of the Monthly	9:00 a.m. - 4:00 p.m.
Sport Ballroom Dancing	Tuesdays	10:30 a.m. - 12:30 p.m.
Tai Chi - Advanced	Wednesdays	10:30 - 11:30 a.m.
Tai Chi - Beginners	Wednesdays	11:30 a.m. - Noon
Tap Dance - Beginners	Mondays	9:00 - 10:15 a.m.
Tap Dance - Advanced	Mondays	10:15 - 11:15 a.m.
Tap Dance - Intermediate	Thursdays	9:00 - 10:30 a.m.

Bored with nothing to do? Participate in one of our classes or activities!

Huntington Senior Center...

.....At Your Service

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 Holli Dunayer at 351-3253 Ext. 4016.

SMART DRIVING COURSE: 7-hour class offered monthly by AARP for Huntington residents. 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 Mary Hansen 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.

I.D./MEMBERSHIP CARDS: Huntington Senior ID/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 emergency contact information 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 Avenue, Huntington, Monday through Friday, 8:30 a.m. to 4:30 p.m., the Beach House, Sundays, or to your club leader.

PODIATRIST PROGRAM: Second Wednesday of the month, 8:30 a.m. to 11:30 a.m. Please bring "Explanation of Medicare Benefits," a form showing latest deductible.

RESIDENTIAL REPAIR PROGRAM:* Small household repairs that you 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, Monday - Friday.

SENIOR CITIZEN ASSISTANCE & REFERRALS: Contact Holli Dunayer, MSW at 351-3253, Ext. 4016 between 8:30 a.m. and 4:30 p.m.

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.

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

Did you know the Senior Center has a Senior Citizens Boutique?

You will find locally hand made jewelry, baby items, blankets, household items, paintings, gently used clothing, shoes, and accessories for men and women, unexpected treasures and much, much more. . .

COME AND VISIT US

423 Park Avenue, Huntington

Proceeds from sales go to our senior crafters
and also helps to support our
Huntington Senior Programs.

For inquires about donations
please contact, 631-351-3253

CLOSED TUESDAYS



Town Board Meetings

Tuesday, September 17th at 2:00 p.m.

Tuesday, October 15th at 6:00 p.m.

Thursday, November 7th at 2:00 p.m.

Community Development Agency, 351-2881

Let's Discuss...DO YOU HAVE MONEY TO BURN?

Probably not...but each year many people needlessly throw their money out the window in the form of wasted heat. Our Huntington Town Board, through its Community Development Agency, in cooperation with the Community Development Corporation of L.I. Inc., has a grant available to provide weatherization services for your home. It's a chance to stop the needless waste of your money, and the service is offered to you Absolutely Free! Services will be performed free, providing that your gross monthly income is lower than:

Individual: \$2,146 Couple: \$2,806

If you have any questions regarding the services provided by the weatherization program, or would like an application, please call 351-2881 and ask for "weatherization."

Huntington's Home Rehabilitation Program: Fixed and Deferred Loans and Emergency Grants for home repairs. Call for income eligibility and other program requirements.

Senior Housing on Long Island: Lists are available for Huntington Senior Housing, Federally Assisted Housing in Suffolk County, and Suffolk County Non-Subsidized Housing.



PUBLIC TRANSPORTATION

Local public transportation is available Monday through Saturday. The Town of Huntington's HART system (427-8287) and Suffolk County Transit (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) 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 427-8287 (TDD: 800-662-1220) and SCAT at 853-8337 (TTY: 853-5658). Bus schedules are available at the Senior Center.**



The Town of Huntington has many volunteer opportunities. We are currently seeking volunteers for the following

Coffee Servers - 10:45 a.m. - 1:30 p.m.

Instructors

Presenters

Telephone Reassurance Program

For more information contact, Maria Soskel, Volunteer Coordinator at 351-3253

Other Community Information

FEDERATION OF ORGANIZATIONS PROGRAMS

SUFFOLK COUNTY FOSTER GRANDPARENTS Huntington seniors assist children in day care settings and elementary schools in Huntington. Tax-free stipend and benefit days. For information call Rose at 321-8229, Ext. 1240.

CAREGIVERS - NEED SOME "TIME OFF"? To give caregivers some affordable time off. Sliding scale fees for care given to your family member by trained, screened, compassionate people from your community. For information, call Carla at 321-8229, Ext. 1229.

SENIOR COMPANION PROGRAM: Become a friend to a senior living in your neighborhood who needs your help and will value a few hours of your time. Earn extra money, travel reimbursement and paid time off. Meet new friends while making a difference in someone's life. For information, call Jenna at 631-321-8229, Ext. 1206.

LEGAL ASSISTANCE

Touro Law Center at 631-761-7470 or by faxing 631-761-7089.

Nassau/Suffolk Law Services 232-2400, 3324, 3312 for legal assistance and debt and social security workshops.

SNAP PROGRAM: For supplemental food eligibility information, call 854-6700 or 854-6600.

MEDICAID: For eligibility information, call 853-8730.

COMMUNITY DEVELOPMENT CORP

OF LI: For weatherization assistance, call (631)471-1215 Ext. 102 or 155.

UNITED WAYS PROJECT WARMTH:

For energy emergencies only. Opens December 5th, 888-774-7633.

NYSERDA: Free Home Energy Saving Evaluation by a trained L.I. Green Technician 631-721-1908

REAP 1-800-263-6786

(Residential Energy Affordability Partnership)

If you are having trouble managing your electric bills, LIPA can help. They can provide solutions to help lower your energy costs.

LIPA Representatives may install:

High efficiency, compact fluorescent bulbs, energy-efficient refrigerators, water heater insulation jackets for electric water heaters and energy-efficient water devices.

Customers who have electric heat or central air conditioning may also get:
Air conditioning filter replacements, air and duct sealing and insulation, attic and wall insulation.

SUFFOLK COUNTY OFFICE OF THE AGING SENIOR ADVOCATE SCHEDULE

Meet one on one with a Suffolk County Senior Advocate
to see what benefits you might be entitled to.

SEPTEMBER 2013

September 25th, Huntington Senior Center, 9:00 a.m.-Noon

OCTOBER 2013

October 23rd, Huntington Senior Center, 9:00 a.m.-Noon

NOVEMBER 2013

November 27th, Huntington Senior Center, 9:00 a.m.-Noon



**TOWN OF HUNTINGTON
ADULT DAY CARE CENTER**
423 PARK AVENUE, HUNTINGTON, NY 11743
631-351-3293
E-mail: Amy.Geist@huntingtonNY.gov



**INTERGENERATIONAL
VISITS**

Welcome to a caring and friendly place serving
frail seniors with special needs.

**CAREGIVER RESPITE
REASONABLE RATES
MEDICAID ACCEPTED
TRANSPORTATION
AVAILABLE.**

**OPEN ENROLLMENT
COME IN FOR A
TOUR TODAY!**

**◆ Poetry ◆ Music ◆ Arts
◆ Games ◆ Sports ◆ Parties ◆ Gentle
Exercise ◆ Special Events ◆ Sensory Room ◆
Meditation Garden ◆ Intergenerational
Activities ◆ Small Group Activities ◆ Hot
Lunch & Snacks ◆ Trips to Centerport Beach
House**

PATIO SONGS



Funding provided by Suffolk County Office for the Aging and the U.S. Department of Health and Human Services through the New York State Office for the Aging. (IIIE Adult Day Care Services)



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Councilman
Mark Cuthbertson



Supervisor
Frank P. Petrone



Councilwoman
Susan A. Berland



Councilman
Eugene Cook



Councilman
Mark Mayoka

Department of Human Services
Jillian Guthman-Abadom, Esq., Director
Rhonda Shepardson, Esq., Deputy Director

Senior Citizens Division
Lynne Mauss, LCSW-R, Director