



Hands on Huntington
423 Park Avenue
Huntington, NY 11743



Presort Standard
U.S. Postage
PAID
Huntington, NY 11743
Permit No. 301



WINTER 2013 ~ ~ NEWSLETTER ~ ~ VOLUME 8
A Partnership between the Town of Huntington Senior Services Division and F·E·G·S Human Services System

Hands on Huntington 3rd Annual Beach House Brunch and Raffle

Hands on Huntington held a very successful 3rd Annual Beach House Brunch on October 23, 2012. It was greatly enhanced by wonderful donations from local merchants & the Town of Huntington Senior Division. A successful raffle was held with over 40 baskets filled with items and gift certificates from local businesses and vendors. A Musical Medley was provided by the Senior Centers own "Sunshine Singers" led by Donna Gorelick. Over 90 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
Local Merchants for their Brunch Buffet and Raffle Prize Donations
Buffet*

- | | |
|---------------------------------------|---------------------------------|
| Town of Huntington Senior Division, | Bagel Boss Cafe, East Northport |
| Bagel Works, Huntington, | Dunkin Donuts, Greenlawn |
| Dunkin Donuts, E. Main St. Huntington | Good People's Farm, Huntington |

Reinwalds Bakery, Huntington

Raffle Prizes

Huntington Donors

- Bon Bon Chocolatier
- Claudia Dowling Interiors
- FAD
- Fiorello Dolce
- Haven
- Honu Kitchen & Cocktails
- Huntington Business Products Centre, Inc
- Le Chic
- Lemon Tree
- Lion in the Sun
- Oliver's
- Sapsuckers
- The Home Depot
- Tres Jolie

Greenlawn Donors

- Andre's
 - Curves of Greenlawn
 - Greenlawn Family Restaurant
 - Grapes & Grains Wine and Liquor
 - Jill's Pet Spa
 - Jimmy's Pizza of Greenlawn
 - Super Cuts
 - Urban Coffee
- Centerport Donor**
Forever Fit Gym
- Commack Donor**
Vanderbilt Fine Wines and Spirits
- Wheatley Heights Donor**
Math Tutoring By Daniel Rubin

Donations Susan Matthews, Greenlawn

Hands on Huntington Fundraising Committee

- | | | | | | |
|--------------|------------------|------------------|----------------|----------------|-----------------|
| Pearl Burian | Anthony Di Sario | Lorriane Drouin | Emily Fine | Helen Justesen | Meg Lawrence |
| Fred Rippli | Irene Sutter | Renee Rubin-Ross | Marie Vassallo | Brenda Weems | Ivanka Zrinscak |

UPCOMING EVENTS

Advisory Board

Thurs. Jan. 31st at 1:00, Harborfields Library, 31 Broadway, Greenlawn

Pharmacy Brown Bag Day

Thurs. Feb. 7, at Paumanack Village III & IV Community Building, 150 Duncan Elder Dr. Greenlawn, starting at 10:00 AM to review all your medications for drug interactions and possible side effects. **Bring to Appointment** all bottles, containers of prescription medications, supplements, over-the-counter medications, creams, eye drops and inhalers.

APPOINTMENTS REQUIRED

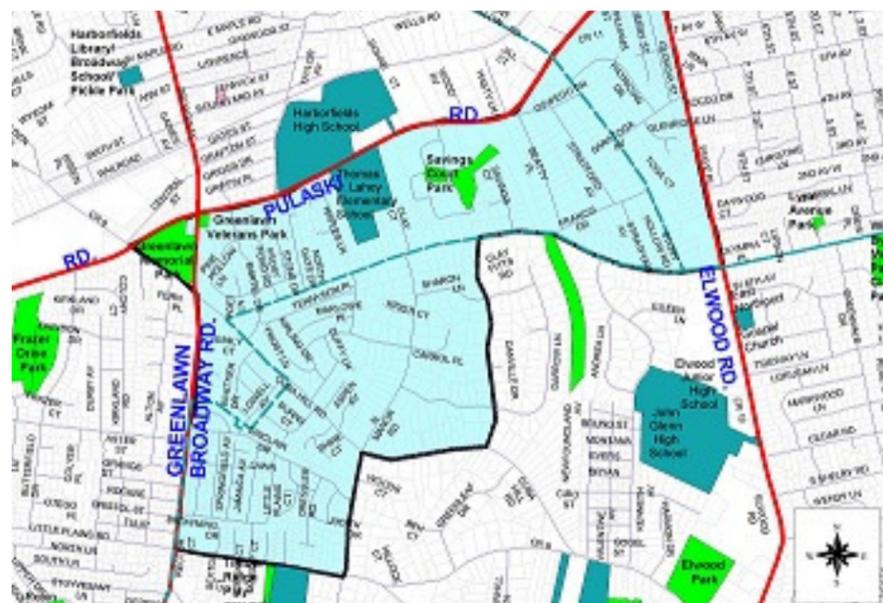
Call 631-351-6610 by Feb. 4th

Community Health Chat:

Diabetes Prevention: Taking Control
Mon. Feb. 11, at 1:00, Harborfields Library, 31 Broadway, Greenlawn

Advisory Board

Tues. Feb. 19th at 1:00, Harborfields Library, 31 Broadway, Greenlawn



Hands on Huntington Service area is shaded in Blue

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 F·E·G·S, the Town of Huntington, and the United Way of Long Island, and engages partners including North Shore-LIJ Health

THE HEALTH CORNER

ALZHEIMER'S DISEASE & NUTRITION

Alzheimer's disease is a condition of the brain where the cells become damaged and no longer function properly this causes memory loss and the inability to care for oneself. Studies have shown that it may be possible to prolong the disease or decrease your risk of Alzheimer's by consuming a healthy diet. Some experts think that toxins called free radicals are to blame for many cases of Alzheimer's. Therefore, a brain-healthy diet may reduce the risk of Alzheimer's disease.

What is a brain healthy diet? It's a diet that includes healthy fats like poly-unsaturated fats (omega-3s) and antioxidants, which fight off free radicals. Omega-3 fatty acids or poly-unsaturated fats act as a natural anti-inflammatory and are beneficial to cell membranes and brain function. **High Omega-3 foods are:** Coldwater fish like tuna, mackerel, anchovies, trout, herring, salmon and whitefish. Other foods that contain omega-3 fatty acids are leafy green vegetables, avocados, Brazil nuts, cashews, walnuts, flaxseed oil and olive oil.

Dark skinned fruits and vegetables have the highest levels of antioxidants such as eggplant, red bell peppers, beets, broccoli, spinach, artichokes, red cabbage, red grapes, cherries, oranges, blueberries, dried plums, russet potatoes and walnuts.

HARVARD VISITERS



Oct. 11, 2012, Daniel D'Oca, Professor from the Harvard Design School visited us with architecture and urban planning students. They joined the Hands on Huntington Advisory Board to discuss aging in suburbia and the barriers faced by those choosing to stay in their community as they age. Seniors and students shared lunch and a lively discussion. Assemblyman Andrew Raia also joined the meeting to discuss the work of the NY State Committee on Aging. We look forward to working with Professor D'Oca and his students as they develop projects for suburban communities to meet the needs of aging individuals.

BRUNCH October 23, 2012



NEWSLETTER STAFF

Lorraine Drouin
Emily Fine
Janet Hoffman
Maria Hottinger
Meg Lawrence
Renee Rubin-Ross
Brenda Weems

HUNTINGTON TOWN BOARD

Frank P. Petrone, Supervisor
Mark Cuthbertson
Susan A. Berland
Mark Mayoka
Eugene Cook

HANDS ON HUNTINGTON

423 Park Ave.
Huntington, NY 11743
631-351-6610

Tina Block, LMSW, Director

Navigating the Waters of Tax Exemptions

Property Tax Reductions: More Important Than Ever!

Property tax reductions specifically for seniors.

- **Enhanced STAR** – You must be 65 by December 31, 2013, apply by March 1, 2013. Maximum family income is \$79,050. This reduces the school tax bill. For application call: 351-3226 or go to the Assessor's Office at Town Hall, 100 Main Street in Huntington.
- **Senior Citizens Low Income Exemption** – For 2013, family income must be less than \$37,400. To be on the mailing list for an application, call Assessor's Office: 351-3226. Applications will be mailed after January 1, 2013 and must be filed by March 1, 2013!

Start collecting all income and tax information from 2012 now so you are ready to apply!

You will need the following Documentation:

Proof of age (birth certificate, citizenship, passport, baptismal certificate)

Proof of home ownership – deed or current tax bill

Proof of residency – valid driver's license

Proof of all income for 2012

Proof of medical expenses not reimbursed

What constitutes proof of income:

Tax forms for 2012 including all addendums and 1099's. If you do not file taxes, submit your Social Security 1099 statements, proof of wages, disability, unemployment, alimony, VA benefits, pension, net earnings from rentals, interest and dividends from all accounts, estates, annuities, or trusts. **ANY QUESTIONS PLEASE CALL 351-3226.**

Reduction in property taxes is not the same for all low-income seniors:

There is a sliding scale for the reduction in taxes for incomes from \$27,000 to \$37,400. An income of \$37,400 receives 5% reduction of the state portion of the tax bill. If your income is \$27,000 or less, there is a 50% reduction.

Medical expenses not reimbursed by insurance are deducted from your income! So submit all your receipts including insurance premiums, co-pays and uncovered medical expenses including dental and eye glasses to receive the maximum deduction allowed.

Important points to keep in mind:

- **YOU MUST RENEW ANNUALLY WITH A SHORT FORM THAT IS SENT TO YOU!**
 - **IF YOU HAVE A SPOUSE IN MEDICAL CARE, ANY UNREIMBURSED EXPENSES ARE DEDUCTED FROM YOUR INCOME!**
 - **FOR A MARRIED COUPLE OR SIBLING CO-OWNERS, ONLY ONE HAS TO BE 65 OR OVER – BUT ALL INCOME COUNTS!**
 - **JUST SEND PHOTOCOPIES, ORIGINALS WILL NOT BE RETURNED!**
- **YOU CAN HAVE LOW INCOME SENIOR EXEMPTION AND THE ENHANCED STAR!**

If you have questions or need assistance with the applications call 351-6610.