



# TOWN OF HUNTINGTON

Human Services Department - Senior Division  
Home Delivered Meals Program

March 2023 - Edition XV

A meal, and  
so much more.



## Home Delivered Meals

*So no senior goes hungry™*



Nutrition, Wellness, and Support Services



Town Board Meeting: Tuesday, March 14, 2023 @ 2:00 pm

# TOWN OF HUNTINGTON



## DEPARTMENT OF HUMAN SERVICES

*Carmen Kasper, Director*

(631) 351-3304

[CKasper@HuntingtonNY.gov](mailto:CKasper@HuntingtonNY.gov)

423 Park Avenue  
Huntington, New York 11743

### Senior Citizens Division

*Julia Frangione, Director* (631) 351-3253

### Minority Affairs

*Kevin Thorbourne, Director* (631) 446-3732

### Veterans Affairs

*Carol Rocco, Coordinator* (631) 351-3012

### Women Services

*Julia Frangione, Coordinator* (631) 351-3253

### Persons with Disabilities

(631) 446-3726

### Human Services Institute

(631) 446-3726

<b>Senior Center Manager</b> <i>Mary Hansen</i>	(631) 351-3253
<b>Adult Day Care</b> <i>Amy Geist, Supervisor</i>	<a href="mailto:Amy.Geist@HuntingtonNY.gov">Amy.Geist@HuntingtonNY.gov</a> (631) 351-3293
<b>Community Dev., Senior Housing</b> <i>Heather Warringer</i>	(631) 351-2881
<b>EISEP, Volunteers, Senior Clubs, Beach House</b> <i>Maria Soskel, Coordinator</i>	(631) 351-3253
<b>Hands on Huntington</b> <i>Stephanie Laureano, LMSW, Director</i>	(631) 351-6610
<b>Home Delivered Meals</b> <i>Geri VanDyke, Supervisor</i>	(631) 446-3783
<b>Home Delivered Meals</b> <i>Michele Foulke, Senior Advocate</i>	(631) 446-3783
<b>Residential Repair</b> <i>Lou Horne, Coordinator</i>	(631) 351-3253
<b>Senior Social Worker</b> <i>Laurie Byrne, LMSW</i>	(631) 351-3253
<b>Town Hall</b>	(631) 351-3000

Huntington Senior Citizens Board of Directors  
*Gladys Mayette, Chairperson*

**SENIOR CENTER** 423 Park Avenue, Huntington NY 11743  
**Monday - Friday 8:30 AM - 4:30 PM**  
[Seniors@HuntingtonNY.gov](mailto:Seniors@HuntingtonNY.gov) (631) 351-3253  
[www.TOHSeniors.com](http://www.TOHSeniors.com)



# TOWN OF HUNTINGTON

**Carmen Kasper**  
*Director*

**DEPARTMENT OF HUMAN SERVICES**

**Julia Frangione**  
*Director*

**SENIOR CITIZENS DIVISION**

2023

Dear Home Delivered Meal Recipient:

Welcome to The Town of Huntington's Senior Citizen Home Delivered Meal Program. This program provides home delivered meals to seniors who have difficulty managing their own nutritional needs.

The Nutrition Center is sponsored by the Town of Huntington with funding provided by the Administration for Community Living through New York State Office for the Aging and Suffolk County Office for the Aging.

State regulations require that all participants be given an opportunity to contribute to the cost of the service. We realize that each person has a unique financial situation. If you can afford to, and would like to contribute, the suggested voluntary and anonymous contribution is \$3.00 per meal. All individuals are encouraged to make voluntary and anonymous contributions towards the cost of the meal. Persons with a self-declared income at or above 185% of the Federal Poverty Level are encouraged to make a contribution equal to the actual cost of the meal which is \$10.86. For 2023, income at 185% of the Federal Poverty Level is \$26,973 for a household of one, and \$36,482 for a household of two.

Contributions to this service are voluntary and anonymous. Any amount you wish to contribute will be used to expand the program and will be greatly appreciated. Please be assured that no one is required to make a contribution and the service will not be denied to any person who is unable or unwilling to contribute. I invite your comments as to the quality of service provided or suggestions as to how the service may be improved.

Thank you for supporting the Town of Huntington's Home Delivered Meal Program. Contributions may be given directly to the delivery person in the envelope provided or mailed to the Senior Citizens Division address below. If contributing by check, please make checks payable to: **Town of Huntington** and write **HDM** in the memo.

Very truly yours,

*Geri VanDyke*

Geri VanDyke,  
Program Supervisor  
Home Delivered Meals

## ***TOWN OF HUNTINGTON***

### **Home Delivered Meal Delivery Notice:**

**Five (5) frozen meals will be delivered on  
Tuesdays and Wednesdays ONLY.**

The ready to eat meals are prepared by Zan's Delicatessen. All menus are reviewed and approved by a registered Dietitian at Suffolk County Office for the Aging.

\$3.00 suggested, voluntary, anonymous contribution per meal.

Individuals interested in obtaining additional information regarding the Town of Huntington's Senior Division Home Delivered Meals Program may contact the Program Supervisor, Geri VanDyke at (631) 446-3783.



### **Town of Huntington Nutrition Program**

***Reheating Instructions:*** Reheat to 165 degrees

**\*\*DO NOT PUT THIS TRAY IN A TOASTER OVEN or AIR FRYER\*\***  
*Heat from thawed for best results*

### **Microwave Heating Instructions**

1. Peel back lid or make a slit in each section of the tray.
2. Start by heating for 1 minute, either mix or flip depending on the meal, then heat in 30 second intervals as needed.  
*Heating times may vary, adjust accordingly.*  
**-OR-**
3. Place meal in an oven safe dish and reheat in a conventional oven at 350 degrees until internal temperature reaches 165 degrees.
4. **\*\*DO NOT USE A TOASTER OVEN or AIR FRYER TO REHEAT YOUR MEAL\*\***
5. Frozen meals are to be used within 90 days of date prepared.



# TOWN OF HUNTINGTON



## SENIOR CENTER SUPPORT SERVICES

Laurie Byrne, LMSW

(631) 351-3253 Ext. 3780 LByrne@HuntingtonNY.gov



## 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 2022

**IF YOU REQUIRE SENIOR SUPPORT SERVICES, PLEASE CALL THE SENIOR CENTER  
MONDAY THROUGH FRIDAY BETWEEN 9:00 AM - 4:00 PM FOR ASSISTANCE: (631) 351-3253**

SUPPORT GROUPS	DAY	PLACE	TIME
<b>Caregiver Yoga with Sally</b> Call (631) 446-3705 to register each week, Friday/Monday prior to class	Tuesday March 7, 14, 21, 28	Room 213	2:15 - 3:15 PM
<b>Spousal Bereavement Support Group</b>  <b>Pre-registration required</b>	Wednesday March 1, 8, 15, 22, 29	Room 106	1:30 - 3:00 PM
<b>Veterans Support Group with Ron</b>	Thursday, March 16	Library	10:30 - 11:30 AM
<b>Caregiver Support Group</b>	Friday, March 3, 17, 31	Room 106	10:30 - 11:45 AM

### Calling All Caregivers: Technologies that Make Life Easier for Seniors and Caregivers with Jennifer Davidson of Family First

Friday, March 31, 2023 • 10:30 am - Noon

To register, please contact: **Laurie Byrne, LMSW**, (631) 351-3253 Ext. 3780

**\* see attached flyer \***

**CAREGIVER RESPITE PROGRAM:** While caregivers attend the **Caregiver Support Groups** and/or **Calling All Caregiver Events**, respite care is available for your loved one in our Adult Day Care Program. Please call **two days** in advance for a respite care appointment at (631) 351-3293.

**Bereavement Support Group** provides education about the grief process, helps build healthy coping skills, and provides an opportunity to meet others who are experiencing loss. A brief intake and registration paperwork are required before joining the group. For information, please contact: **Laurie Byrne, LMSW**, (631) 351-3253 Ext. 3780 or LByrne@HuntingtonNY.gov. Group runs for eight-week session.

### SUFFOLK COUNTY OFFICE FOR THE AGING: SENIOR ADVOCATE

Wednesday, March 15, 2023 from 8:30 am - 1:00 pm

Fanchea Pascarella, a senior advocate from Suffolk County will be available to educate eligible seniors in the Town of Huntington/Suffolk County area, to apply for programs/benefits they may qualify for. Programs that foster economic independence such as: Supplemental Nutrition Assistance Program (SNAP), Medicare Savings Program (MSP) and HEAP. **Must call (631) 351-3253 to schedule an appointment.**



# TOWN OF HUNTINGTON

## ADULT DAY CARE CENTER

423 PARK AVENUE, HUNTINGTON, NY 11743  
(631) 351-3293  
Amy.Geist@HuntingtonNY.gov  
HuntingtonNY.gov/ADC

*Welcome ...*

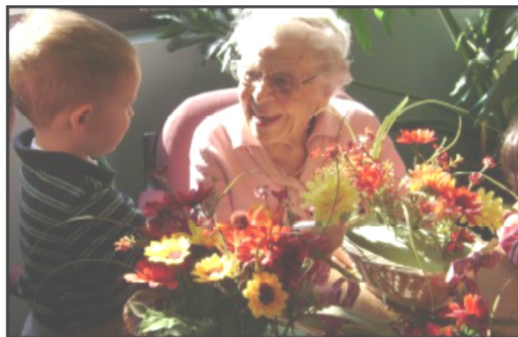
to a caring and friendly place serving frail seniors with special needs.

*Caregiver respite*

*Low cost*

*Medicaid accepted*

*Transportation available*



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



Baking Club  
Brain Gym  
Creative Arts  
Games  
Gentle Exercise/Yoga  
Hot Lunch & Snacks  
Intergenerational Activities  
Language Arts  
Large and Small Group Activities  
Music/Pitch Pipe Program  
Parties/Entertainment  
Themed Presentations  
Trips to Centerport Beach House  
... and so much more!



**Edmund J. Smyth**

**Supervisor**

**Eugene Cook**

**Councilman**

**Joan Cergol**

**Councilwoman**

**Dr. Dave Bennardo**

**Councilman**

**Salvatore Ferro**

**Councilman**

Funding provided by Town of Huntington, the Administration for Community Living through New York State Office for the Aging and Suffolk County Office for the Aging.



### PUBLIC TRANSPORTATION

Local public transportation is available Monday through Saturday. The Town of Huntington's HART system (631) 427-8287 and Suffolk County Transit (631) 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 at a **cost of \$4.00 one way**) 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 (631) 427-8287 (TTY: 800-662-1220) and SCAT at (631) 738-1150 (TTY:(631) 981-0104) cost of \$4.00 each way.** Bus schedules are available at the Senior Center.













## TOWN OF HUNTINGTON RESIDENTIAL REPAIR PROGRAM



Please call: Lorenzo “Lou” Horne, Coordinator (631) 351-3253

The Residential Repair Program provides minor household repairs to seniors who reside in the Town of Huntington and are at least 60 years of age. The service is available to homeowners whose living space need repairs (for example, no structural repairs). Priority is given to those seniors who are frail, low income, minority, and handicapped to help them live independently in their homes. Residents are responsible for paying for parts and supplies only. There is no charge for labor.

### MINOR REPAIRS & SERVICES INCLUDE:

-  Replacing window panes, door locks, fuses, window catches
-  Minor plumbing repairs: sink drains, toilet flush mechanisms, faucet or washer replacement, toilet leaks
-  Installing handrails, safety rails, grab bars
-  Installing and removing window air conditioners, screens, storm windows
-  Patching walls and ceilings
-  Caulking windows and installing weather stripping around doors
-  Minor repairs of furniture, installing shades and curtain rods, tacking down rugs
-  Installing Smoke/Carbon Monoxide Detectors and changing batteries
-  Electronic assistance (computer, answering machine, DVD player, etc.)
-  Some minor repairs to house exteriors, including masonry

This program is funded by the Town of Huntington, U.S. Administration for Community Living through New York State Office for the Aging and Suffolk County Office for the Aging.



**Edmund J. Smyth**  
Supervisor

Eugene Cook  
Councilman

Joan Cergol  
Councilwoman

Dr. Dave Bennardo  
Councilman

Salvatore Ferro  
Councilman

# Hands on Huntington NNORC

Hands on Huntington, a Neighborhood Naturally Occurring Retirement Community program, is a program provided at no cost to seniors age 60 years and older.

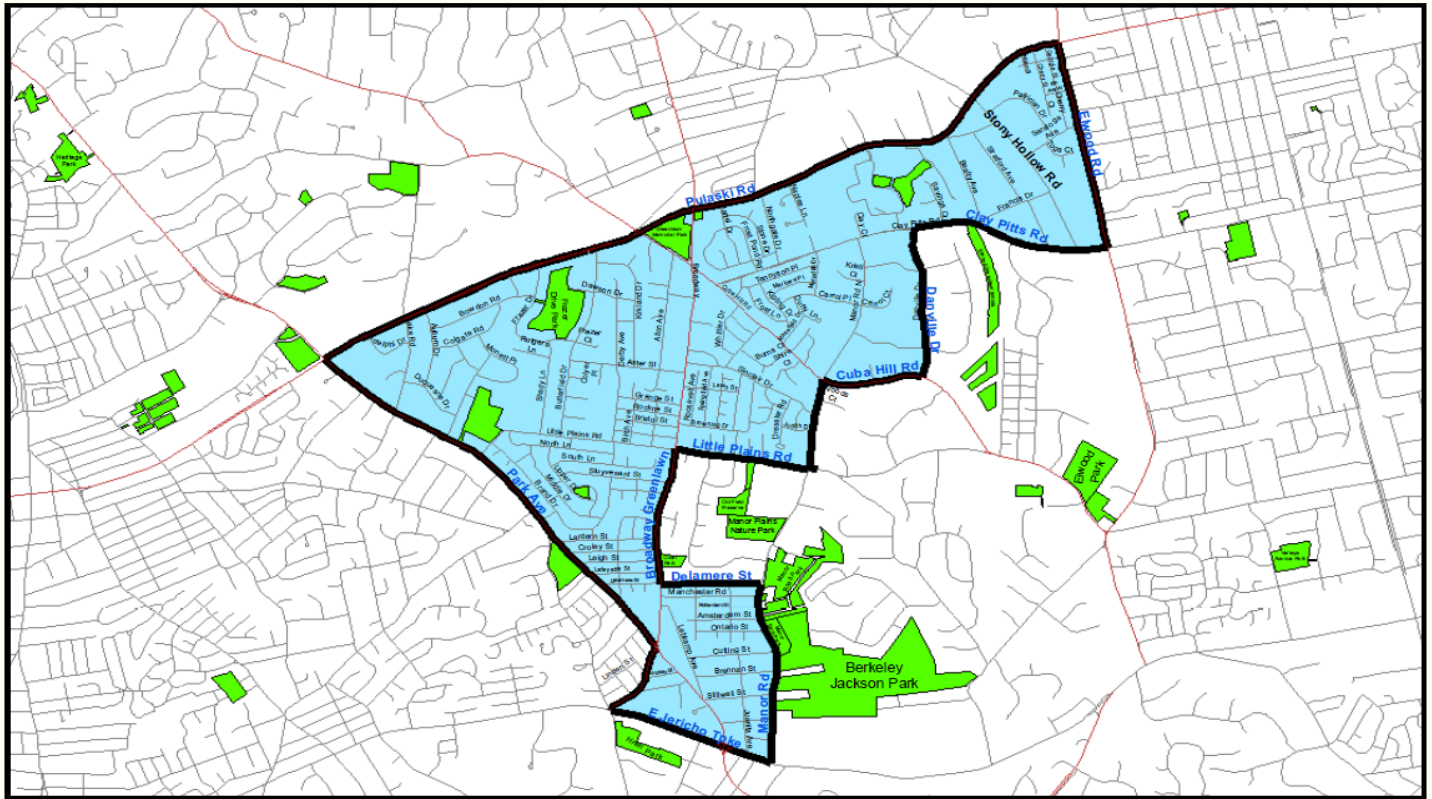
If you reside in their catchment area, including parts of Greenlawn, East Northport or Huntington, this program can assist you with at home access to a social worker for case management, a nurse for health assessments and educational programs. Services are geared to keeping seniors in their homes and community, living as independently as possible.



For information, please call: (631) 351-6610

<https://huntingtonny.gov/hands-on-huntington>

Stephanie Laureano, LMSW, MBA and Bunny Karalitzky, RN MS



This project is grant funded by the New York State Office of the Aging (NYSOFA) and supported by the Suffolk Y Jewish Community Center and the Town of Huntington.



**Edmund J. Smyth**  
Supervisor

**Eugene Cook**  
Councilman

**Joan Cergol**  
Councilwoman

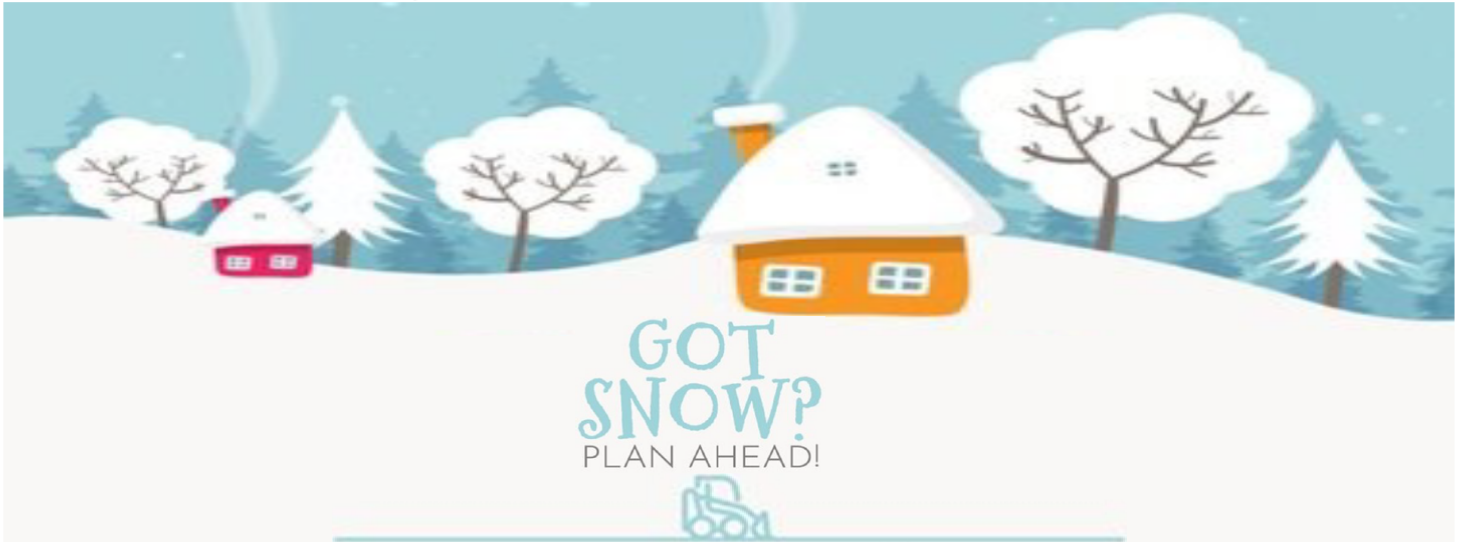
**Dr. Dave Bennardo**  
Councilman

**Salvatore Ferro**  
Councilman





## TOWN OF HUNTINGTON SENIOR CENTER



### **SENIORS AND PEOPLE WITH DISABILITIES THAT DO NOT QUALIFY FOR THE SNOW BERM PROGRAM**

**THE VENDORS BELOW HAVE AGREED TO OFFER THEIR SNOW REMOVAL SERVICES.  
THE HIGHWAY DEPARTMENT IS PROVIDING NAMES, NOT RECOMMENDATIONS.**

**IF INTERESTED, CALL FOR AN APPOINTMENT AND FEE:**

- 1. Gene @ Nightingale Landscapes: (516) 790-1037 - Dix Hills**
- 2. Gus @ Anax Home Improvements: (631) 462-2262 - East Northport**
- 3. Ciro Aliperti - (516) 330-9358 - East Northport**
- 4. Jack Bento - (516) 984-4943 - Dix Hills or Huntington**
- 5. Brandon Casey - (631) 741-5784 - Centerport**
- 6. Darrin Giachetti - (631) 742-9920**
- 7. Richard Gomberg - (516) 652-6771 - Melville**
- 8. Christopher Higgins - (631) 360-0016 - Elwood or Fort Salonga**
- 9. Pedro Lobos - Navarro - (631) 478-1430**
- 10. Bennet Pizzurro - (631) 445-5543 - Dix Hills or Huntington Station**
- 11. Al Silvestri - (631) 445-7974 - Dix Hills**

**FOR ADDITIONAL INFORMATION PLEASE CALL  
THE DEPARTMENT OF HUMAN SERVICES (631) 351-3304**

**OR**

**THE HIGHWAY DEPARTMENT (631) 499-0444**



**Edmund J. Smyth**  
Supervisor

**Eugene Cook**  
Councilman

**Joan Cergol**  
Councilwoman

**Dr. Dave Bennardo**  
Councilman

**Salvatore Ferro**  
Councilman



# TOWN OF HUNTINGTON SENIOR CENTER

**AARP**<sup>®</sup>  
Tax Preparation  
By Appointment Only

## MONDAYS

**MARCH: 6, 13, 20, 27**

**APRIL: 3, 10**

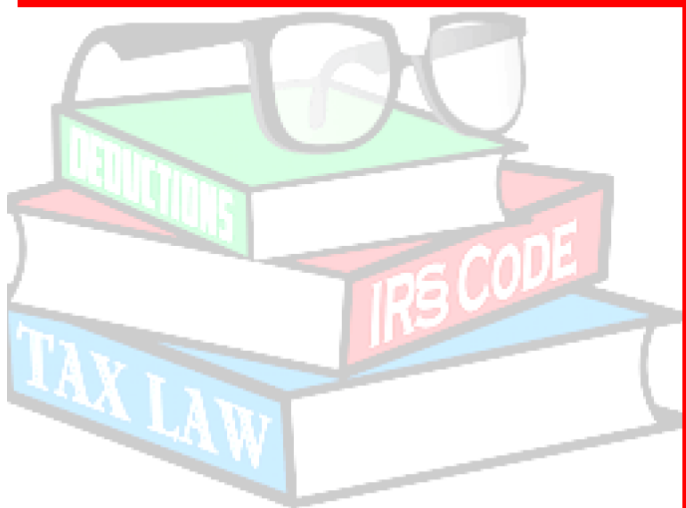
### What to Bring for your Free AARP Tax Preparation:

- Proof of identification (photo ID)
- Social Security cards for you, your spouse and dependents
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers
- An Individual Taxpayer Identification Number (ITIN) assignment letter may be substituted for you, your spouse and your dependents if you do not have a Social Security number
- Proof of foreign status, if applying for an ITIN

### APPOINTMENT TIMES:

<b>9:00 AM</b>	<b>11:00 AM</b>
<b>10:00 AM</b>	<b>12:00 PM</b>

**CALL (631) 351-3253  
OR  
REGISTER IN ROOM 103**



**\* IF YOU ARE ILL OR FEELING ILL PRIOR  
TO APPOINTMENT, PLEASE RESCHEDULE \***

- Proof of bank account routing and account numbers for direct deposit such as a blank check
- To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms
- Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number
- Forms 1095-A, B and C, Health Coverage Statements
- Copies of income transcripts from IRS and state, if applicable
  - Real Estate Tax Bill for current and prior year, even if not itemizing deductions.
- AARP Tax Aide volunteers cannot prepare returns that include rental property, military income, alternative minimum tax, or those with many stock transactions or in other situations where volunteers have not been trained.

From: <http://www.irs.gov/Individuals/Checklist-for-Free-Tax-Return-Preparation>



**Edmund J. Smyth**  
Supervisor

Eugene Cook  
Councilman

Joan Cergol  
Councilwoman

Dr. Dave Bennardo  
Councilman

Salvatore Ferro  
Councilman



# TOWN OF HUNTINGTON SENIOR DIVISION EVENT

## THE POWER OF A WOMAN'S VOTE

PRESENTED BY

**SUPERVISOR EDMUND J. SMYTH**

**SUFFOLK COUNTY LEGISLATOR STEPHANIE BONTEMPI**

**COUNCILWOMAN JOAN CERGOL**

**RECEIVER OF TAXES JILLIAN GUTHMAN, ESQ.**

**LEAGUE OF WOMEN VOTERS OF HUNTINGTON PRESIDENT  
LIZBETH THALHEIMER**

**"SUFFRAGETTES IN CORSELLETTES:  
THE EVOLUTION OF UNDERWEAR  
&  
OUR 19TH AMENDMENT"**

VIA ZOOM

WITH

**VELYA JANCZ-URBAN**

&

**EHRIS URBAN**

**THURSDAY, MARCH 9, 2023**

**1:30 PM**

**CINEMA ARTS CENTRE  
423 PARK AVENUE, HUNTINGTON**

**\* PLEASE CALL SENIOR CENTER TO RESERVE  
COMPLIMENTARY SEATING (631) 351-3253 \***



**Edmund J. Smyth**  
Supervisor

**Eugene Cook**  
Councilman

**Joan Cergol**  
Councilwoman

**Dr. Dave Bennardo**  
Councilman

**Salvatore Ferro**  
Councilman





# TOWN OF HUNTINGTON SENIOR CENTER

423 Park Avenue, Huntington, NY 11743 631-351-3253



## Celebrating Wonderful Women of Song

PATSY CLINE, PEGGY LEE, DORIS DAY, THE RONETTES,  
CAROLE KING, JONI MITCHELL, JUDY COLLINS, DOLLY PARTON,  
JUNE CARTER, JANIS JOPLIN & MORE!

SING & DANCE ALONG WITH

*The New Country Road Show*  
Country, Folk, Rock, Jazz, Traditional & Contemporary

Janice Buckner  
ACOUSTIC BASS & GUITAR

Wayne Sayres  
SAX & LEAD GUITAR

Jim Gibb  
BANJO & ELEC. BASS

Julian Aptowitz  
KEYBOARDS

**FRIDAY, MARCH 10, 2023 - 12:30 PM - 2 PM**

Open to Registered Town of Huntington Senior Center Members



Edmund J. Smyth  
Supervisor

Eugene Cook  
Councilman

Joan Cergol  
Councilwoman

Dr. Dave Bennardo  
Councilman

Salvatore Ferro  
Councilman



# ATTENTION TOWN OF HUNTINGTON RESIDENTS

**This is an important notice to all  
Huntington Long Island Railroad Riders**

**Re: North Side Elevator at the Huntington LIRR Station**

The North side elevator at the Huntington LIRR Station will be out of service for the foreseeable future. The Town of Huntington has been notified by the elevator service company requesting the elevator be taken out of service. The Town is working with the elevator service company to resolve issues to get the elevator fully functioning again.

## SHUTTLE SERVICE AVAILABLE



To assist with the transfer of riders from one track to the other, the Town of Huntington will utilize HART Bus support vehicles to provide shuttle services on an as needed basis. The shuttle will be available Monday through Friday between the hours of 8am and 5pm only to provide shuttle service for riders from one side of the LIRR tracks to the other and only within the vicinity of the Huntington LIRR station.

In order to request this service, riders should contact the **HART Bus dispatch office phone number at (631) 427-8287**. Those in need of Paratransit services are also asked to call this number.

When requesting shuttle service, please alert the HART dispatchers which track you are transferring from - the north or south side of the tracks.

This service will be provided free of charge during the period of the elevator repairs.

The Town will keep residents and riders updated as plans progress.

Thank you for your understanding and patience. We apologize for any inconvenience.



**Edmund J. Smyth**  
Supervisor

Eugene Cook  
Councilman

Joan Cergol  
Councilwoman

Dr. Dave Bennardo  
Councilman

Salvatore Ferro  
Councilman

# EMERGENCY PREPAREDNESS

## S E V E R E   W E A T H E R

In emergency situations, when acts of nature such as; power outages, hurricanes, severe snowstorms, below freezing temperatures, etc. require additional or emergency services to be available to people in need.

**Below you will find information of these services.**

### Suffolk Warming Centers

In Suffolk County, warming center openings fall under the jurisdiction of the towns.

Call the Town of Huntington at 631.351.3000

### Stay Prepared!

**PSEG Long Island:** To report an outage to PSEG, Text OUT to PSEGLI at 773454 or call, 1.800.490.0075. To Report a Downed Power Line to PSEG call: 1.800.490.0075

**National Grid Long Island:** To report a gas emergency, call the 24-hour 1.800.490.0045 or call 9-1-1

**Suffolk County Office of Emergency Management (OEM)** coordinates the county's response to natural and man-made disasters, including: Prepare for an Emergency, Be Informed, Natural Disasters and Extreme Weather, Special Needs Preparedness, Evacuation Guidelines, Make an Emergency Plan, Shelters, Emergency Preparedness for Seniors, Mapping Tool, Emergency Compliance List, and Citizens Corps. East Ave, Yaphank, NY 11980 | 631.852.4900

**American Red Cross:** To Get Emergency Assistance, serving Nassau, Suffolk counties and Shelter Island, please call 516.747.3500

**National Weather Service (NWS) New York Website:** <https://www.weather.gov/okx/>

## Stay Prepared! con't . . .

**Real-time traffic closures on a map:** <https://www.511ny.org/#TransitRegion-8>  
or call 5-1-1

**Long Island Railroad Service Alerts:** Seniors, people with disabilities, and Medicare recipients can save up to 50% off the full one-way peak fare. You must have proper documentation available. You can use reduced-fare tickets at all times except inbound weekday morning peak trains. <http://www.mta.info/lirr> or call 718.217.5477

**Suffolk County Transit Service Alerts:** Telephone Hotline 631.852. 5200, is available weekdays 8:00AM to 4:30PM to provide travel information (including bus schedule, route and fare info) for Suffolk County Transit (SCT) and other local public transportation in Suffolk County. <http://sct-bus.org/>

**Suffolk County Department of Social Services (Home Energy Assistance Program) HEAP Unit:** for emergency oil drop if qualified, call 631.853.8820 or 631.853.8825. After 4:30PM call Emergency Services 631.854.9100

**United Way Long Island Project Warmth Program:** Get Heat Help Now through Project Warmth for yourself or a loved one. Dial 2-1-1 or call the United Way at 888-774-7633



**211 Long Island** is a free, confidential phone service and searchable online database that is available 24/7/365 and connects you to local health and human services agencies when you need help. Dial 2-1-1 to connect to a caring call specialist or call toll-free at 1.888.774.7633 outside Nassau and Suffolk Counties.

To schedule an in-person training or demonstration of how to use the database, contact [211LongIsland@mcplibrary.org](mailto:211LongIsland@mcplibrary.org)



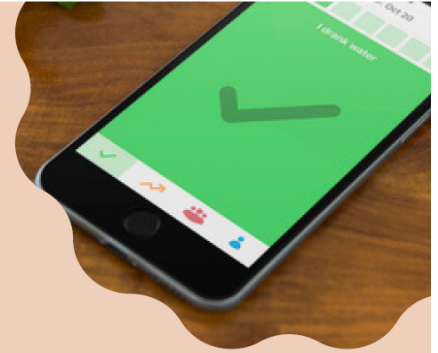
# NUTRITION



EVIDENCE-BASED GUIDANCE

## Boost Heart Health

The American Heart Association recently published its Dietary Guidance to Improve Cardiovascular Health. Here are some ways to implement their recommendations.



### Tips for your plate



Include at least one fruit or vegetable at every meal.

♥ *Eat an abundance and wide variety of vegetables and fruits*



Incorporate beans, lentils, nuts, and seeds into daily meals and snacks.

♥ *Choose predominantly plant proteins and less animal protein*



Upgrade grains to brown rice, bulgur, barley, and quinoa.

♥ *Choose foods made mostly with whole grains rather than refined grains*



Use olive oil or vegetable oil instead of butter or shortening.

♥ *Use liquid plant oils rather than animal fats or solid fats*



Limit intake of sweets, desserts, and cakes. Swap in fruit.

♥ *Minimize sources of added sugars*

### Tips for shopping



Buy "single ingredient" whole foods instead of packaged foods.

♥ *Choose minimally processed foods*



Avoid hidden sweeteners like barley malt, cane juice crystals, etc.

♥ *Minimize sources of added sugars*



Choose beverages and foods with 0g added sugar.

♥ *Minimize sources of added sugars*



Compare labels for sodium and choose the lower sodium options.

♥ *Manage salt Intake*

### Tips for dining out



Go for "grilled" vs. "fried" and ask for sauce / dressing on the side.

♥ *Make healthy choices at home, at the store, and when ordering from restaurants*



Dining with a friend? Opt for appetizers or split an entrée.

♥ *Make healthy choices at home, at the store, and when ordering from restaurants*





## How Do I Follow a Healthy Diet Pattern?

The American Heart Association recommends a healthy eating pattern that emphasizes vegetables, fruits and whole grains. It includes skinless poultry, fish and legumes (beans, peas and lentils); non-tropical vegetable oils; and nuts and seeds. Limit your intake of sodium, sweets, sugar-sweetened beverages and red and processed meats. Everything you eat and drink is part of your diet pattern. Make healthy choices today and they'll add up to healthier tomorrows for you!



### Vegetables

- Eat a variety of colors and types, especially deeply colored vegetables, such as spinach, carrots and broccoli
- All vegetables count, including fresh, frozen, canned or dried. Look for vegetables canned in water. For frozen vegetables, choose those without high-calorie sources of added sodium or sugars.
- Examples of a portion per serving are: 2 cups raw leafy greens; 1 cup cut-up raw or cooked vegetables (about the size of a fist); or 1 cup 100% vegetable juice (no salt added).

- Eat whole fruits to get all the nutrients (such as dietary fiber) that can be missing in some juices.
- Examples of a portion per serving are: 1 medium fruit (about the size of a baseball); 1/4 cup unsweetened dried fruit; 1/2 cup fresh, frozen or canned fruit (unsweetened frozen or canned in its own juice or water); or 1/2 cup 100% fruit juice.
- For beverages, look for 100% fruit juice. Avoid sugar-sweetened beverages. They're high in calories and low in nutrients.

### Whole Grains

- At least half of your servings should be high-fiber whole grains. Select items like whole-wheat bread, whole-grain crackers and brown rice. Look at the ingredients list to see that the first ingredient is a whole grain.

### Fruits

- Unsweetened fruits are best. Eat a variety of colors and types, especially deeply colored fruits, such as peaches and berries.

- Aim for about 25 grams of fiber from foods each day. Check the Nutrition Facts label for dietary fiber content.
- Examples of a portion per serving are: 1 slice bread; 1/2 cup hot cereal; 1 cup cereal flakes; or 1/2 cup cooked rice or pasta (about the size of a baseball).

## Protein Foods

- Mix up your protein sources. Beyond fish, poultry and lean or extra-lean meats, try eggs and soy products, such as tofu.
- Eat at least 8 ounces of non-fried fish (particularly fatty fish) each week. Fatty fish, such as salmon, mackerel, herring, lake trout, sardines and albacore tuna, are high in omega-3 fatty acids.
- Remove skin from poultry before eating.
- Trim all visible fat from meats before cooking.
- Limit processed red meats, such as bacon, salami, ham, hot dogs and sausage.
- Examples of a portion per serving are: 2 egg whites; 3/4 cup cooked, flaked fish; or half a chicken breast. A 3-ounce portion is about the size of a deck of playing cards.



# The Easy Way to EAT HEALTHY

American Heart  
Association



A healthy eating pattern is about making smart choices. The American Heart Association recommends:

**ENJOY** a variety of vegetables, fruits, whole grains, non-tropical vegetable oils, low-fat & fat-free dairy products, fish, skinless poultry, lean & extra lean meat, nuts, seeds, beans, and legumes.

**LIMIT** sugary drinks, sweets, fatty or processed meats, solid fats, and salty or highly processed foods

**AVOID** partially hydrogenated oils

## DAILY AMOUNTS



### Vegetables

Fresh, frozen, canned and dried

**5 servings**

or 1.5 to 2.5 cups



### Fruits

Fresh, frozen, canned and dried

**4 servings**

or 1 to 2 cups



### Whole Grains

6 servings of grains recommended;  
at least half should be whole grains

**3 to 6 servings**

or 3 to 6 ozs



### Dairy

low-fat (1%) and fat-free

**3 servings**

or 3 cups



### Proteins

poultry, fish, lean meat, eggs,  
nuts, seeds, beans and legumes

**2 servings**

or 5.5 oz



### Oils

polyunsaturated and  
monounsaturated

**3 Tbsp**

*Servings are based on AHA's Healthy US-Style Eating Pattern for 2,000 calories/day. Your calorie needs may be different. Cup/oz equivalent may vary depending on form of food.*

Find out more about serving sizes at [heart.org/servings](http://heart.org/servings)

**Compare nutrition labels.** Choose products with the lowest amounts of sodium, saturated fat and added sugars.



**Be physically active.**  
Balance the calories  
you eat with the  
calories you burn.













[heart.org/HealthyForGood](http://heart.org/HealthyForGood)

## WELLNESS

# IS IT A COLD, FLU OR COVID-19?

**With the flue season soon coming, it's important to be aware of the differences between a cold, the flu and COVID-19.**

COVID-19 symptoms may appear 2-14 days after exposure to the virus. The symptoms of a cold may come on gradually, while the flu usually starts abruptly. Symptoms can vary widely with each of these illnesses. Call your clinic or sign in to do an e-visit if you think you might have COVID-19. Below is a chart that may help to determine which illness you have.

	SYMPTOMS	COLD	FLU	COVID-19
	Cough or Chest Discomfort	COMMON	COMMON	COMMON
	Sore Throat	SOMETIMES	COMMON	COMMON
	Muscle Aches	SOMETIMES	COMMON	COMMON
	Headache or Fatigue	SOMETIMES	COMMON	COMMON
	Fever	UNCOMMON	COMMON	COMMON
	Difficulty Breathing	UNCOMMON	COMMON	COMMON
	Chills	UNCOMMON	COMMON	COMMON
	New Loss of Taste or Smell	UNCOMMON	UNCOMMON	COMMON
	Nausea or Vomiting	UNCOMMON	UNCOMMON	COMMON
	Diarrhea	UNCOMMON	UNCOMMON	COMMON
	Stuffy or Runny Nose	COMMON	COMMON	SOMETIMES
	Sneezing	COMMON	SOMETIMES	UNCOMMON



# NY Project Hope

## Coping with COVID

### Online Wellness Groups



**Online Wellness Groups  
are open to everyone!**

**NY Project Hope Online Wellness Groups** are facilitated by staff of the Emotional Support Helpline and provide a space to talk about the challenges of COVID. Participants discuss the emotional and practical challenges of this crisis and help each other with coping skills, emotional support, education, and resources. All of our online groups focus on wellness and are free, confidential, and anonymous.

**Join and attend a Wellness Group on**

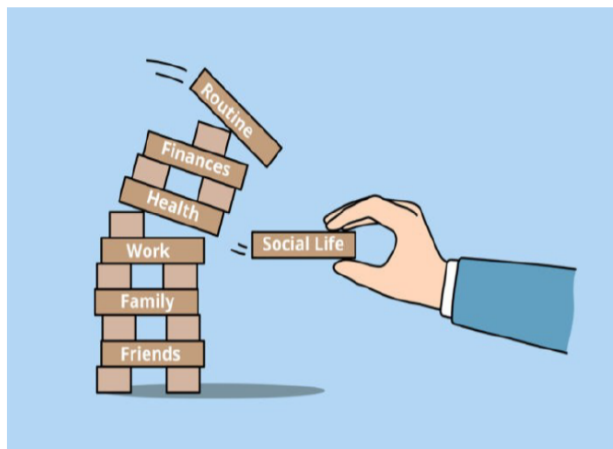
- ♦ Tuesdays at 7 pm
- ♦ Fridays at 12 pm
- ♦ Saturday at 10 am

**How do I join online?**

<https://nyprojecthope.org/wellnessgroups/>

**Can I join by phone?**

USA Toll: 1-518-549-0500  
Access code: 161 778 5545



**Is it FREE?** Yes, this service is free.

**Is my Identity protected?**

Yes, this program is confidential and anonymous.

**Are there groups every week?**

Yes, each group meets for 45 minutes.

**Can I join multiple groups?**

Yes, you can join any group that you may find helpful.

## ***SUPPORT SERVICES***



### **Health and Welfare Council's Services for our Communities**

#### **Healthcare**

The HWCLI Healthcare Access Team helps our clients **find a health insurance plan that best fits their medical and financial needs**. We have an outstanding health care team of **certified navigators that help individuals and families enroll for free or low-cost health insurance plans through the NY State of Health Marketplace**. Open Enrollment Period will remain open for all Marketplace programs for the duration of the federal public health emergency. Enroll with one of our navigators today by calling **516-505-4426**.

#### **The End of the COVID-19 Public Health Emergency is Approaching: Important Changes are Coming to Eligibility for New York Medicaid, Child Health Plus and the Essential Plan**

The federal Public Health Emergency (PHE) for COVID-19, declared under Section 319 of the Public Health Service (PHS) Act, to expire at the end of the day on May 11, 2023. Enrollees in Medicaid, Child Health Plus (CHP) and the Essential Plan (EP) **have not had to renew** their health insurance **since early 2020 due to the COVID-19 public health emergency (PHE)** continuous coverage requirements for these public programs. **Beginning in Spring 2023, renewal notices will be sent to enrollees in these programs based on their enrollment end dates**. In an effort to minimize the number of New Yorkers at risk of losing their Medicaid, CHP or EP coverage, prepare for the renewal process and learn about these upcoming changes and the important steps you need to take to renew your coverage.

## Important Changes Coming to Eligibility for New York Medicaid, Child Health Plus and the Essential Plan

Do you or a family member currently have health coverage through New York State Medicaid, Child Health Plus or the Essential Plan? Soon, New York State will resume eligibly reviews and renewals for people enrolled in the programs. This means you may soon need to take action to renew your coverage or the coverage of your family members. Here are some things you can do to prepare.

### **1) Sign up to receive text alerts from NY State of Health**

If you enrolled in Medicaid, Child Health Plus, or the Essential Plan through NY State of Health, sign up for text alerts so you will know when it is time to renew your coverage. To subscribe, text START to 1-866-988-0327.

### **2) Make sure your address is up to date**

Make sure NY State of Health or your local Medicaid office has your current mailing address, phone number and email address so they can contact you about your health insurance.

If you have insurance through NY State of Health, call 1-855-355-5777 (TTY: 1-800-662-1220), log into your account at [nystateofhealth.ny.gov](https://nystateofhealth.ny.gov) or contact an enrollment assistor.

If you have Medicaid through your county's Medicaid office or through New York City's Human Resources Administration (HRA), contact your local office to update your address and contact information.

### **3) Check your mail and follow the instructions you receive**

When it is time to renew your coverage in Medicaid, Child Health Plus or the Essential Plan, you will receive a letter from NY State of Health or your county's Medicaid office. This letter will let you know what you need to do to renew your coverage and how much time you have to respond. Follow the instructions right away.

### **What if you do not qualify for Medicaid, Child Health Plus or the Essential Plan?**

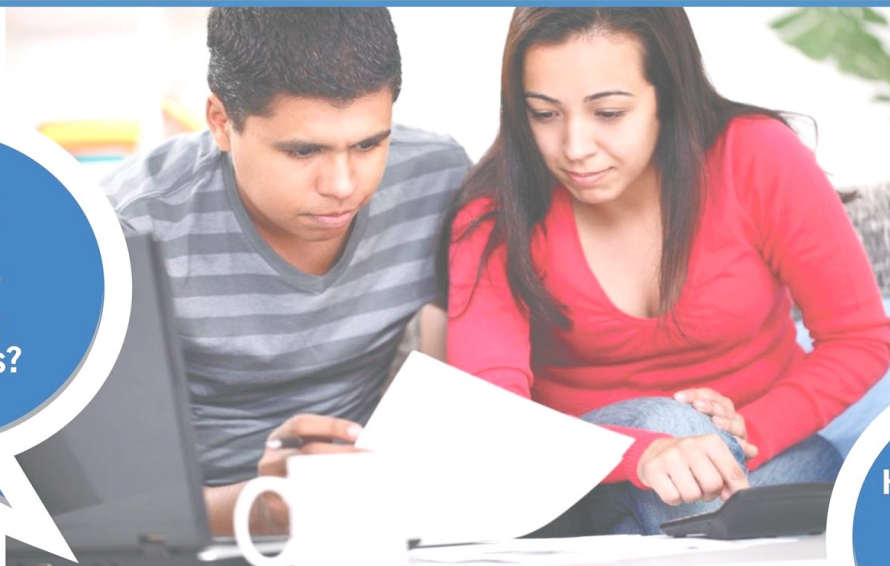
If you or a family member no longer qualify for Medicaid, Child Health Plus or the Essential Plan, you may be eligible to enroll in a Qualified Health Plan (QHP) through NY State of Health. NY State of Health offers a broad choice of QHPs with comprehensive benefits. More people than ever are qualifying for financial assistance to pay their premiums. Visit [nystateofhealth.ny.gov](https://nystateofhealth.ny.gov) or call 1-855-355-5777 (TTY: 1-800-662-1220) to learn more and see if you might qualify for financial assistance.

### **Get more information**

\*If you enrolled in Medicaid, Child Health Plus, or the Essential Plan through NY State of Health, call 1-855-355-5777 (TTY: 1-800-662-1220) with any questions you have.

\*If you enrolled in Medicaid through your county's Medicaid office or New York City's Human Resources Administration, contact that office with any questions you have.





Are You  
Behind  
On Your  
Heating  
Payments?

Are You  
Having to Choose  
Between  
Heating Your  
Home  
or Eating?

# PROJECT WARMTH EMERGENCY HEATING ASSISTANCE

**FAST • FREE • CONFIDENTIAL • MULTI-CULTURAL**

## PROJECT WARMTH CAN HELP

Is Your  
Oil Tank  
Low or  
Empty?

Call United Way of Long Island's  
211 Information and Referral Center  
Call: 211 or 1-888-774-7633

Have You  
Recently  
Received a  
Disconnection  
Notice?

For further information visit the online database at  
[www.211longisland.org](http://www.211longisland.org), keyword "Project Warmth"



**CALL 211 for Project Warmth**

# 2022-23 Project Warmth Season



## Ineligible Conditions con't. . .

- Bill not in applicant's name
- Applicant DOES NOT live at billing address
- Non-active account or commercial account
- Non fuel related electricity (heat included in the rent)
- Gas used solely for cooking or hot water, not heat
- Current bill with no past due amount
- Topped oil tank during a prior Project Warmth period

## Income Guidelines

Income guidelines based on Net Income (take home pay)

	100%	125%	130%	138%	150%	185%	200% (maximum)
Family Size: 1	1,133	1,416	1,473	1,563	1,699	2,095	
2	1,526	1,907	1,983	2,106	2,289	2,823	
3	1,919	2,399	2,494	2,648	2,879	3,550	
4	2,313	2,891	3,006	3,191	3,469	4,278	
5	2,706	3,382	3,517	3,734	4,059	5,006	
6	3,099	3,874	4,028	4,277	4,649	5,733	
7	3,493	4,366	4,540	4,820	5,239	6,461	
8	3,886	4,857	5,051	5,362	5,829	7,189	
Each add'l person, add:	393	492	511	543	590	727	

# 2022-23 Project Warmth Season



- Project Warmth is United Way's *emergency* energy assistance program to help families and individuals with heat related crises during the winter months. The program will open on **December 19, 2022** and remain open until funds are exhausted.
- It provides **one-time** assistance for fuel **and** fuel-related electricity during the program period. Grants may be provided together or at different times in the same season.
- Project Warmth provides heating assistance up to **\$500** for any fuel source:
  - Oil
  - Gas
  - Electric
  - Wood
  - Kerosene
  - Propane
  - Coal
  - Other
- An Electric bill is also eligible for up to **\$200** in assistance, if electricity is needed to operate the heating source (fuel-related electric).
- **There is an income eligibility guideline for Project Warmth.**

## Consumer Documentation

- Residency: Home must be in Nassau County, Suffolk County.
- Termination, pending disconnect or severely overdue notice from the Electric/Gas or alternative heat source company and/or demonstrate an inability to secure a fuel delivery when tank is empty/near empty.
- Must show proof that account is in applicant's name and must live at that address
- HEAP-eligible clients **MUST** apply for HEAP before Project Warmth (while HEAP is open) and provide copy of approval or denial paperwork.
- Provide National Grid and/or PSEG LI arrears bills in its entirety (all pages).

## Ineligible Conditions

**Repeat grants will not be allowable. Clients who received a grant in the 2020-21 and 2021-22 Extenuating circumstances will be considered by Project Warmth Clearinghouse, but must be a new, unforeseen reason - with proof.**





## HEAP

Home Energy Assistance Program

HEAP is a federally funded program that assists qualifying New Yorkers with the cost of heating their homes. HEAP benefits are not a loan. You do not have to repay any assistance received through this program.

### **HEAP – November 1, 2022**

Federally funded program to assist with heating payments

**\*\*NO PAYBACK\*\***

**Assists with Primary Heating Source ONLY**

### Eligibility

Customers may qualify for a HEAP credit based on their income and household size as well as their primary heating source

[www.Mybenefits.ny.gov](http://www.Mybenefits.ny.gov)

### **HEAP Income Guidelines:**

Family Size Monthly Income

1	\$2,852	6	\$7,241
2	\$3,730	7	\$7,405
3	\$4,608	8	\$7,570
4	\$5,485	9	\$7,734
5	\$6,363	10	\$7,899
		11	\$8,064

**\*\* Gross Monthly \*\* 12+ add \$590 per person\*\***



## EHEAP

Emergency Home Energy Assistance Program

### **EMERGENCY HEAP – January 3, 2023**

Federally funded program to assist heat or heat related emergencies

**\*\*NO PAYBACK\*\***

### Eligibility

Income eligible (Follow H.E.A.P. Guidelines)

Must have heating emergency within 7 days of Final Turnoff Notice

Must exhaust available resources first

### **What to bring Emergency HEAP:**

Current bill with final disconnection

Proof of total household Income within last 30 days

Proof of residence (tax bill, lease/rent receipt)

ID for each household member (birth certificate, SS card)



# Home Energy Affordability Team (HEAT)

**Home Energy Affordability Team (HEAT)** will provide National Grid you with a no-cost home energy assessment that may also recommend additional no-cost measures to improve your home's energy use.

To learn more, call 844-375-4328  
or email [NGridLIHEAT@clearesult.com](mailto:NGridLIHEAT@clearesult.com)

National Grid



## HAR

Household Assistance Rate

**Eligibility**

Customers may qualify for a **discount** if they have an active residential account in their name and currently receive benefits from at least one of the following:

**Home Energy Assistance Program (HEAP)**

Medicaid

Supplemental Nutrition Assistance Program (SNAP)

Supplemental Security Income (SSI)

Temporary Assistance - Family Assistance (FA)

Temporary Assistance - Safety Net Assistance (SNA)

Veteran's Pension - Non-Service Connected Disability

Veteran's Surviving Spouse Pension - Non-Service Connected Disability

**\*\*\*Must provide certification documents dated in the last 12 months\*\*\***

LONG ISLAND

See if you qualify for no-cost energy-efficiency upgrades.

It all starts with a no-cost Home Energy Assessment by the Home Energy Affordability Team (HEAT™).

National Grid knows that your health, comfort and savings are now more important than ever. If you qualify as income eligible, we may be able to help by creating a more energy-efficient living environment that's healthier, more comfortable and more affordable for you and your family—at no cost to you.

**HOW TO PARTICIPATE:**

1. Schedule a Home Energy Assessment with a HEAT™ Energy Specialist, either in person at your home or remotely over the phone.
2. You will receive no-cost carbon monoxide and smoke detectors, as well as energy-saving products, including faucet aerators and low-flow showerheads.
3. Based on the results of your Home Energy Assessment, you may qualify for **no-cost** energy-saving upgrades such as:

- Safety and Water-Saving Devices**  
You will receive carbon monoxide and smoke detectors, faucet aerators and low-flow showerheads, all at no cost.
- Home Insulation**  
If your home needs additional attic or wall insulation, we'll consult with you to schedule the installation.
- Weather Stripping**  
Weather stripping around doors and windows can reduce drafts and improve the comfort of your home and the health of you and your family.
- Sealing Air Leaks**  
Sealing holes and cracks in your home can lower your heating and cooling bills by up to 15%.
- Programmable Thermostat**  
We will install a programmable thermostat that allows you to control your home's heating and cooling and save energy.
- Heating and Water Heating Equipment**  
In some instances, we may be able to repair or replace natural gas heating and water heating equipment at no cost to you.

**FIND OUT IF YOU QUALIFY NOW!**  
We're ready to help! Find out if you qualify for these energy-saving services by calling 844-375-HEAT (4328). Visit [ngrid.com/he-eligible](http://ngrid.com/he-eligible) to learn more.

**nationalgrid**

**nationalgrid**

**18 Month  
Program**

## ***AROUND TOWN & BEYOND***

**Long Island Indoor Winter**

***Farmers Market***

**Sundays, 9 AM - 1 PM**

**March 5, 12, 19, 26, 2023**

**423 Park Ave, Huntington, NY 11743**

Locally grown fresh produce, artisan breads,  
home cultivated honey, amazing fresh  
roasted and brewed coffee, fine distilled  
spirits, aged cheeses, live music and  
the finest handcrafted specialty,  
spicy & traditional jams.





# Senior Participation Discount List

Contact Merchant for Individual Discounts

Restrictions May Apply

<b>Art League of LI</b>	107 East Deer Park Avenue	Dix Hills	631-462-5400	30% Off Adult Membership
<b>Buttercooky Bakery</b>	495 New York Avenue	Huntington	631-424-4034	10% Off Monday Only
<b>C &amp; C Meats</b>	249 Old Walt Whitman Road	Huntington	631-271-6504	20% Off Tuesdays Only
<b>C Town Supermarket</b>	1662 New York Avenue	Huntington Sta.	631-673-5878	10% Off Wednesday Only
<b>Community Market</b>	108 Depot Road	Huntington Sta.	631-423-0648	10% Off Wednesday Only
<b>Copenhagen Bakery</b>	75 Woodbine Avenue	Northport	631-754-3256	20% Off Monday Only
<b>Country Bagels</b>	361 Route 25A	Northport	631-261-7821	1/2 Off 6 Bagels/Limit 6
<b>Craft Shoes</b>	6149 Jericho Turnpike	Commack	631-499-5773	20% Off Excl. Sale Items
<b>Double "S" Deli</b>	18 West Neck Road	Huntington	631-421-9228	5% Off Daily
<b>Dunkin</b>	15 Southdown Road	Huntington	631-424-0647	5% Off Daily
<b>Dunkin</b>	200 East Main Street	Huntington	631-935-0031	5% Off Daily
<b>Dunkin</b>	838 New York Avenue	Huntington	631-421-2010	5% Off Daily
<b>East Northport Bagel Café</b>	355 Larkfield Road	East Northport	631-486-8200	10% Off Daily
<b>Eyewear by Patrice</b>	829 Fort Salonga Road	Northport	631-757-3937	20% Off Daily
<b>Family Care Pharmacy</b>	33 Walt Whitman Road	Huntington Sta.	631-350-6400	10% Off Limitations Apply
<b>Filletto's Pizza</b>	297 Clay Pitts Road	East Northport	631-266-3700	10% Off Reg. Price Menu
<b>Golden Globe Diner</b>	365 West Main Street	Huntington	631-351-9680	10% Off Daily
<b>Goodwill NY/NJ</b>	1900 Jericho Turnpike	East Northport	631-462-4219	10% Off Tuesday Only
<b>Hometown Bakeshop</b>	2 Little Neck Road	Centerport	631-754-7437	10% Off Daily
<b>Huntington Dental</b>	1 Schwab Road	Melville	631-673-1862	20% Off Daily
<b>Huntington Food Plaza</b>	2035 New York Avenue	Huntington Sta.	631-271-3700	10% Off Wednesday Only
<b>IGA</b>	301 Clay Pitts Road	East Northport	631-368-1661	5% Off Tuesdays Only
<b>IHOP</b>	259 Old Walt Whitman Road	Huntington Sta.	631-423-8760	10% Off Reg. Price Menu
<b>Jones Drug Store</b>	100 Main Street	Northport	631-261-7070	10% Off Limitations Apply
<b>Jonny D's Pizza</b>	946 New York Avenue	Huntington	631-385-4444	10% Off Daily
<b>Mainsource Pharmacy</b>	347B Main Street	Huntington	631-760-1114	15% Off Limitations Apply
<b>Mama Lucia's</b>	1820 New York Avenue	Huntington Sta.	631-423-4855	10% Off Daily
<b>Melville Deli</b>	90 Broadhollow Road	Melville	631-351-9338	10% Off Daily
<b>Mo's Bagels</b>	75 Broadway	Greenlawn	631-754-2667	10% Off Monday - Friday
<b>Mo's Bagels</b>	707 Fort Salonga Road	Northport	631-754-6182	10% Off Monday - Friday
<b>Moss Opticians</b>	345 Main Street	Huntington	631-421-4211	10% Off Daily
<b>Mozzarella's Pizza</b>	1937 Jericho Turnpike	East Northport	631-462-0600	10% Off W \$15 Min.
<b>North Shore Pharmacy</b>	25 Southdown Road	Huntington	631-427-6262	10% Off Excl. Prescriptions
<b>110 Pharmacy</b>	459 Walt Whitman Road	Melville	631-421-5454	10% Off Limitations Apply
<b>Skorpios Restaurant</b>	340 New York Avenue	Huntington	631-549-8887	10% Off Daily
<b>Spuntino</b>	687 Old Country Road	Dix Hills	631-547-9300	10% Off Not Combinable
<b>Tim's Shipwreck Diner</b>	46 Main Street	Northport	631-754-1797	15% Off Daily
<b>Town Drugs</b>	517A Larkfield Road	East Northport	631-266-3999	10% Off Excl. Prescriptions
<b>Uncle Giuseppe's</b>	890 Walt Whitman Road	Melville	631-683-5900	5% Off Wednesday Only
<b>Value Drugs</b>	106 Broadway	Greenlawn	631-754-0532	10% Off Wednesday Only
<b>Value Drugs</b>	349 New York Avenue	Huntington	631-427-2919	10% Off Wednesday Only
<b>Vision World</b>	699 Old Country Road	Dix Hills	631-271-3520	20% Off Daily

# St. Patrick's Day Word Search

C	Q	L	I	V	C	L	N	D	Z	M	O	C	X	X
B	E	V	E	R	Y	R	H	Q	X	J	N	L	B	P
L	A	N	V	P	E	C	X	U	S	Y	C	O	V	O
A	V	V	T	W	R	L	E	L	Y	N	K	V	E	T
R	J	R	S	R	Z	E	A	L	U	V	E	E	M	A
N	C	I	A	H	A	D	C	N	T	C	L	R	E	T
E	U	E	G	I	A	D	L	H	D	I	K	G	R	O
Y	G	M	L	L	N	M	I	C	A	O	C	Y	A	C
P	R	A	E	E	J	B	R	T	Q	U	B	L	L	O
A	E	G	G	H	B	L	O	O	I	S	N	H	D	R
R	E	I	E	M	R	R	P	W	C	O	Y	L	W	A
T	N	C	N	A	S	T	A	K	R	K	N	P	V	N
Y	F	A	D	R	Z	U	M	T	R	N	R	E	F	G
X	D	L	I	C	S	O	L	E	E	Q	E	W	H	E
M	E	I	O	H	P	V	L	I	M	E	R	I	C	K

LEPRECHAUN  
TRADITION  
POTATO  
JIG

CELEBRATE  
EMERALD  
LEGEND  
MAGICAL

LIMERICK  
BLARNEY  
CELTIC  
CLOVER

IRELAND  
ORANGE  
GREEN  
MARCH

SHAMROCK  
RAINBOW  
LUCKY  
PARTY

# TOWN OF HUNTINGTON

**Edmund J. Smyth, Supervisor**

Eugene Cook, Councilman

Joan Cergol, Councilwoman

Dr. Dave Bennardo, Councilman

Salvatore Ferro, Councilman



## DEPARTMENT OF HUMAN SERVICES

Carmen Kasper, Director of Human Services

100 Main Street, Huntington

(631) 351-3304

## SENIOR CITIZENS DIVISION

Julia Frangione, Director

423 Park Avenue, Huntington

(631) 351-3253

### Contact Us:

Email: [Seniors@HuntingtonNY.gov](mailto:Seniors@HuntingtonNY.gov)

Website: [TOHseniors.com](http://TOHseniors.com)

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