



TOWN OF HUNTINGTON

Human Services Department - Senior Division Home Delivered Meals Program

November 2022 - Edition XII

A meal, and
so much more.



Home Delivered Meals

So no senior goes hungry™



Nutrition, Wellness, and Support Services



Town Board Meeting: Thursday, November 3 @ 7:00 pm
And Thursday, November 17 @ 7:00 pm

TOWN OF HUNTINGTON



DEPARTMENT OF HUMAN SERVICES

Carmen Kasper, Director
 (631) 351-3304
CKasper@HuntingtonNY.gov

423 Park Avenue
 Huntington, New York 11743

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Minority Affairs

Kevin Thorbourne, Director (631) 351-3253

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

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Adult Day Care <i>Amy Geist, Supervisor</i>	Amy.Geist@HuntingtonNY.gov (631) 351-3293
Community Dev., Senior Housing <i>Heather Warringer</i>	(631) 351-2881
EISEP, Volunteers, Senior Clubs, Beach House <i>Maria Soskel, Coordinator</i>	(631) 351-3253
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Home Delivered Meals <i>Geri VanDyke, Supervisor</i>	(631) 446-3783
Home Delivered Meals <i>Michele Foulke, Senior Advocate</i>	(631) 446-3783
Residential Repair <i>Lou Horne, Coordinator</i>	(631) 351-3253
Senior Social Worker <i>Laurie Byrne, LMSW</i>	(631) 351-3253
Town Hall	(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
(631) 351-3253
www.TOHSeniors.com



TOWN OF HUNTINGTON

Carmen Kasper

Director

DEPARTMENT OF HUMAN SERVICES

Julia Frangione

Director

SENIOR CITIZENS DIVISION

2022

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 2022, income at 185% of the Federal Poverty Level is \$25,412 for a household of one, and \$33,874 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.

At this time, I invite your comments as to the quality of service provided or suggestions as to how the service may be improved. A self-addressed envelope is enclosed for your convenience.

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. 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

NATIONAL FAMILY CAREGIVERS MONTH



Caregiver Action Network Leads National Family Caregiver's Month

National Family Caregivers Month, celebrated each November, is a time to recognize and honor family caregivers across the country. Celebrating Family Caregivers during **National Family Caregivers Month** enables all of us to:

- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification
- Increase support for family caregivers

Each year, Caregiver Action Network coordinates with the Administration for Community Living and organizations across the field.

This year's theme is #CaregivingHappens





10 TIPS FOR FAMILY CAREGIVERS



Seek support from other caregivers. You are not alone!



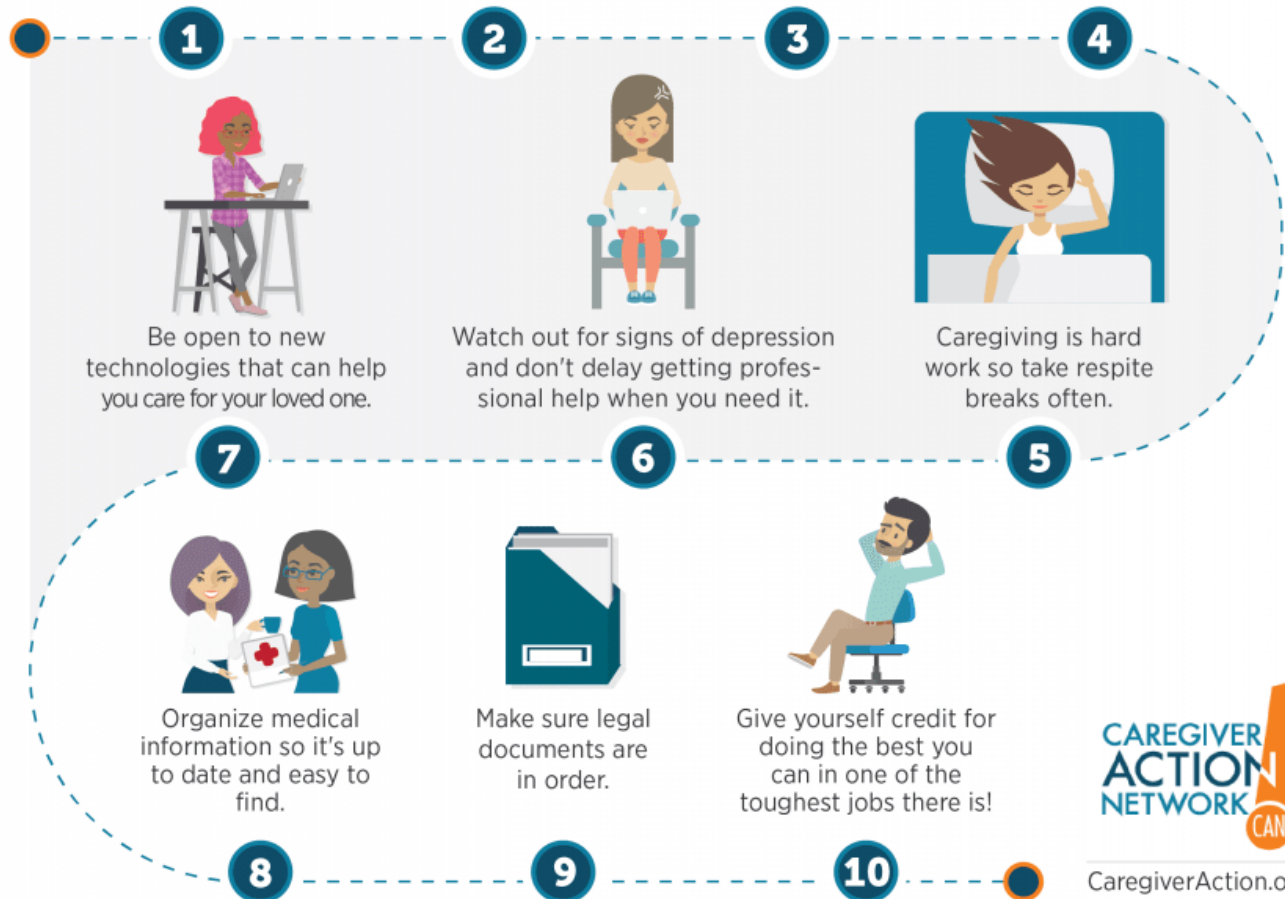
Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.





**CAREGIVER
HELP DESK**
855.227.3640

CaregiverAction.org

Are you caring for a veteran that has returned from service with serious or aggravated injuries such as traumatic brain injury or psychological trauma? An older loved one with Alzheimer's? If you are a family caregiver and have questions or just need to talk, consider reaching out to the Caregiver Help Desk.

Caregiver Help Desk offers free support to family caregivers across the country. It is staffed by caregiving experts who can help you find the information you need to navigate your caregiving challenges and support you on your caregiving journey.

With Caregiver Help Desk you can:

- Have confidential conversations with caregiving experts about your caregiving questions.
- Reach out by phone, email and live chat—whatever is most convenient for you.
- Access our experts Monday through Friday, from 8:00 AM – 7:00 PM Eastern time.

Caregiver Action Network Help Desk provides information for general educational purposes only and is not a substitute for medical, legal, investment, tax, or other professional advice. Since the launch of Caregiver Help Desk, CAN has been able to help support thousands of family caregivers across the country.



Caregivers Month: Self-Care Word Search



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

FAMILY
 READ
 BATH
 COLORING BOOK
 YOGA
 GRATITUDE
 MEDITATE
 DANCE
 WALK
 EXERCISE
 MASSAGE
 THERAPY
 HUGS
 TEA
 NAP
 BAKE
 PAINT
 JOURNAL

Remember
 caregivers, take care
 of yourselves too.

Nutrition

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.

Healthy Ways to Cook Vegetables

Steaming—keeps nutrients from escaping

- Put vegetables in a pan with 1 1/2 inches of water and cover. Simmer until vegetables are tender.
- Try it with *corn on the cob, green beans, spinach*



Roasting—adds natural sweetness

- Cube vegetables and toss with olive oil, salt, and pepper. Place on a baking sheet and cook in oven at 375 degrees F until tender.
- Try it with *carrots, parsnips, sweet potatoes*



Stir Frying—cooks in a flash

- Slice vegetables and put in a frying pan with a small amount of oil. Stir vegetables until they begin to soften.
- Try it with *bell peppers, mushrooms, pea pods*



Grilling—adds some crispiness

- Toss vegetables with olive oil, balsamic vinegar, salt, and pepper. Wrap in aluminum foil and cook on the grill until tender.
- Try it with *asparagus, eggplant, zucchini*



Microwaving—speeds up cooking

- Cover vegetables to keep moisture inside. Stir occasionally, cooking until tender.
- Try it with *beets, peas, broccoli*

Baking—means no fuss

- Put uncovered vegetables in the oven at 350 degrees F. Cook until tender.
- Try it with *whole potatoes, winter squash, cauliflower*

Food Safety

- Wash vegetables under cool, running water before cooking or eating them.
- Use different cutting boards for raw and ready-to-eat-foods.
- Always keep vegetables separate from raw meats and poultry.
- Be sure to refrigerate leftovers within two hours of cooking.

How to Store Fresh Produce, Maximize Shelf Life, and Minimize Food Waste

According to IFIC's 2022 Food and Health Survey, 57% of Americans are “very” or “somewhat” concerned about food waste. Of those who are very or somewhat concerned, one of the most common actions they say they take to reduce food waste is trying to better store items in an effort to reduce spoilage. In this article, we'll explore how to properly store several types of fresh produce so you can tackle two challenges at once: maximizing shelf life and minimizing waste.

Reducing spoilage: The basics

The most important factors to consider in maximizing our produce's shelf life are: the condition of the produce when it's purchased, the temperature at which the produce needs to be stored, the humidity and airflow levels of the storage space, and whether or not the food produces ethylene gas or is ethylene-sensitive. Ethylene gas causes produce to ripen and spoil more quickly, so ethylene-sensitive produce are especially prone to ripening and spoiling prematurely. Not sure whether or not your favorite fruits and vegetables are ethylene-producing or ethylene-sensitive? Don't worry, we've got you covered—and have tips for how to store them!

Apples, peaches, and pears

Choose firm apples, peaches, and pears without apparent bruising. Apples fare best when stored in a plastic bag or airtight container inside the refrigerator. Because they release ethylene gas, it's best to keep apples stored in a bag or container inside a crisper drawer (if your refrigerator has one!) that contains other non-ethylene-sensitive fruits, such as strawberries, blueberries, and raspberries. In contrast, underripe pears and peaches should be stored outside the fridge, in an open and easily accessible place like the kitchen counter, at room temperature until they are ripe, at which point they can be moved to the refrigerator (but stored away from ethylene-sensitive produce, since they also produce ethylene gas. Apples will last for several weeks if stored properly; pears can last up to two weeks; and peaches usually last about a week. Peaches are extra-sensitive to bruising, so be sure to store them individually spaced and not on top of one another.

Asparagus and celery

Choose firm asparagus and celery, with rich color and without apparent bruising. For asparagus, trim the bottoms and place the asparagus bottoms down in a glass with about an inch of water in it. Cover the glass with a plastic bag (preferably reusable!) but do not tightly seal it; then, place the asparagus in the refrigerator, where it can live for up to a week (note that asparagus is ethylene-sensitive, so store it away from ethylene-producing produce). Celery stalks should remain whole, removed from any plastic bags

Avocados

Choose your avocados based on when you plan to eat them. If you're looking for ripe avocados, use your hands to gauge their firmness. Ripe avocados are closer to black in color and will give slightly when squeezed. If you're planning to eat avocados later in the week, choose a hard, green avocado and store in a paper bag for a couple days on the counter until it's ripe. Store ripe avocados in the fridge to extend their shelf life, or on the counter if you plan to eat them within a day or two. Note that avocados are ethylene-producers.

Berries

Choose berries that appear firm, bright in color, and without apparent bruising or mold. Blueberries, blackberries, and strawberries should be stored in a low-humidity section of the refrigerator, in a container with some ventilation. Berries hate mold; a quick one-minute vinegar bath can help remove any potential mold and extend the shelf life of blueberries, blackberries, and strawberries. After the vinegar bath, be sure to rinse the berries with water and thoroughly dry them (because berries hate moisture too) before storing in the refrigerator. Raspberries should be stored like other berries, but instead of the vinegar rinse, they can be washed with plain water right before consuming.

Broccoli, cauliflower, and cabbage

Choose broccoli, cauliflower, and cabbage heads that are firm, not wet or moist, and do not have apparent bruising. These types of produce should be refrigerated; uncut heads of cabbage can be refrigerated without a bag or container, but cut heads should be in an airtight container or bag. Broccoli and cauliflower should be refrigerated in a sealed container from the start. All these vegetables are ethylene-sensitive, so keep them away from ethylene-producing produce like onions, bananas, and apples, and pears. Broccoli and cauliflower can last up to two weeks in the refrigerator, while cabbage can last up to three weeks.

Citrus fruit (orange varieties, grapefruit, lemons, and limes)

Choose citrus fruit that appears firm and without apparent bruising or dents. Citrus fruits can be stored at room temperature for about a week and can be refrigerated after that to extend their shelf life. Oranges and grapefruits are not ethylene-sensitive, but lemons and limes are, so keep those away from ethylene-producers.

Cucumbers, zucchini, and squash

Choose cucumbers, zucchini, and squash that are firm, not wet or overly moist, and without apparent bruising. All of these vegetables should be refrigerated and not washed until ready to eat. Cucumbers, zucchini, and squash are ethylene-sensitive and should be stored away from ethylene-producers. They all prefer the high-humidity part of the fridge and can last one to two weeks when stored properly.

Garlic, shallots, and onions

Choose garlic, shallots, and onions that are firm, with little-to-no blemishes and dry outer skin. Garlic, shallots, and onions should not be refrigerated. Instead, store them in a cool, dark place with lots of air circulation. Although they may be purchased in plastic perforated bags, it's best to discard those and store this kind of produce in a container without a lid. All should be stored in low humidity, away from potatoes and other ethylene-sensitive produce, since they produce ethylene gas. Garlic will last about three weeks, and properly stored shallots and onions may last up to a couple of months. Once cut, store leftover garlic, shallots, and onions in a plastic wrap or airtight container in the refrigerator.

Leafy greens

Choose leafy greens that do not appear wilted or wet. Excess moisture will cause greens to wilt sooner, so store them unwashed in the refrigerator until ready to use. Greens should be stored in an airtight container or plastic bag that zips. Despite how well you store your greens, some simply last longer than others. Romaine lettuce and green leaf lettuce can keep for up to a week, while kale, endive, escarole, and iceberg lettuces can last longer.

Sweet potatoes and potatoes

Choose sweet potatoes and potatoes that have minimal to no bruising and appear firm. Potatoes should not be refrigerated. Instead, they should be stored in a cool, dark place with high humidity and air circulation. If your potatoes were purchased in a perforated bag, it's best to remove them and store them in a container without a lid. At warmer temperatures, potatoes sprout and spoil. At refrigerator temperatures, some of the starch converts to sugar, which makes the potatoes brown too quickly. Make sure to separate potatoes from ethylene-producing foods, since potatoes are ethylene-sensitive. Potatoes typically last a week or so longer than sweet potatoes, which last about one to two weeks.

Tomatoes

Choose tomatoes that appear firm, bright in color, and without bruising. If under ripe, tomatoes can be stored at room temperature and will continue to ripen if near sunlight. Once ripe, tomatoes are best eaten at room temperature, but they can be stored in the refrigerator to extend their shelf life. Tomatoes are moderately ethylene-producing, so they are best stored away from ethylene-sensitive produce. Depending on where tomatoes are in the ripening process, they can last one to two weeks.

Final thoughts

While our list is certainly not extensive, we hope it gives you a foundation for how to store several types of produce to maximize their shelf life and minimize food waste. But remember: When in doubt (about food safety), throw it out!

Egg Cooked in Toast

This is a quick easy recipe, for lovers of fried eggs on toast. It is a clever twist on usual fried eggs.

Makes: 2 servings

Prep Time: 5 minutes

Cook time: 6 minutes

Source: Adapted from Egg Cooked in Toast recipe | Eat Smarter USA

Ingredients

- 4 slices of whole wheat bread
- 4 eggs
- salt and pepper (to taste)
- unsalted butter

Utensils Needed

- Large pan or griddle
- Spatula
- Butter knife
- Cookie cutter or small glass

Directions

1. Lightly butter bread on each side. Using a small glass or cookie cutter, cut a hole in the middle of each slice of bread.
2. Preheat pan over medium heat. Place lightly buttered bread, and middle cut-outs in pan and cook until golden brown.
3. Crack egg into middle of bread cutouts. Allow to cool for 2 minutes. Flip bread slice with egg once. Finish cooking the eggs to your preferred taste (sunny side up, over easy, medium, etc.) Salt and pepper to taste.

Average total cost without oil and seasonings: \$4.33

Average cost/serving: \$2.16

Makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 2 eggs with toast

Nutrients	Amount
Calories:	300
Total Fat:	12 g
Saturated Fat:	4.2 g
Cholesterol:	324 mg
Sodium:	414 mg
Total Carbohydrates:	28 g
Dietary Fiber:	4 g
Total Sugars:	3.1 g
Added Sugars:	0 g
Protein	19 g

Ingredients



Add 1 to Cart
Large eggs, 12 count



Add 1 to Cart
100% Whole Wheat Bread



New Resources to Connect Seniors and People with Disabilities to SNAP

The Elderly Simplified Application Project (ESAP)

Seniors and people with disabilities who have no earned income and live in households where all adults are 60 and over and/or disabled can qualify for ESAP. Participants receiving SNAP under ESAP benefit from a simplified application, a longer certification period, and fewer recertification requirements. Interested, please go to:

<https://hungersolutionsny.org/federal-nutrition-programs>

or call: (518) 436-8757 / Toll Free: (800) 865-5542



NYS Nutrition Improvement Project (NYSNIP) and NYS Combined Application Project (NYSCAP)

Seniors and people with disabilities who live alone and receive Supplemental Security Income (SSI) are automatically enrolled in NYSCAP. NYSCAP is replacing NYSNIP, a similar program that will phase out by 2023. For more detailed information, please go to:

<https://hungersolutionsny.org/federal-nutrition-programs>

or call: (518) 436-8757 / Toll Free: (800) 865-5542

Seniors who are ineligible for ESAP and NYSNIP/NYSCAP may still qualify for SNAP. SNAP rules include special provisions that expand access and maximize benefits for seniors and people with disabilities.

Wellness



People experiencing a mental health crisis have a new way to reach out for help in the U.S., they can simply call or text the numbers 9-8-8. This system includes someone to call, someone to come and somewhere to go when experiencing a mental health or substance use crisis. 988 is more than a number, it is an immediate connection to highly trained, local crisis counselors to provide emotional support and assistance for behavioral health crisis and suicide prevention and provides connections to services in the community for support and recovery.

Updated COVID-19 Booster Vaccine Now Recommended for Children and Adults



The CDC recommends that people ages 5 years and older receive one updated (bivalent) booster if it has been at least 2 months since their last COVID-19 vaccine dose, whether that was:

- Their final primary series dose, or
- An original (monovalent) booster

People who have gotten more than one original (monovalent) booster are also recommended to get an updated (bivalent) booster.

Find Out Where You Can Get Your Booster

What You Need to Know:

- COVID-19 vaccines are safe and effective.
- For the best protection, everyone 6 months and older is recommended to stay up to date with their COVID-19 vaccines, which includes getting boosters if eligible.
- Find a COVID-19 vaccine or booster:
 - Search [vaccines.gov](https://www.vaccines.gov),
 - text your ZIP code to 438829,
 - or call 1-800-232-0233 to find locations near you.



Alzheimer's Disease Resource Center

45 Park Avenue <> Bay Shore <> NY <> 631.580.5100

Keeping Help and Hope In Mind

ADRC addresses the needs of people with Alzheimer's disease and other forms of dementia. We understand it's never a one-size-fits-all diagnosis.



MUSIC



ART



EQUINE

programs are appropriately tailored to various levels of functioning. In that way, we make the most of each person's capabilities instead of defining them by deficits.

We also help families and caregivers meet the growing challenges of this slow journey. Our support groups, care consultations, and referrals offer welcome relief and connections. As a non-profit organization, we are proud to offer all of these services free of charge.

ADRC is also known for its outstanding educational outreach and professional training. We serve all of Long Island onsite at our Bay Shore headquarters and off-premises at satellite locations.

ALZHEIMER'S: COPING, CARING AND COVID

Alzheimer's disease is not just about memory loss. Overall processing declines, too. It's important to keep in mind that your loved one isn't giving you a hard time – they're having a hard time. Once you can anticipate frustrations and triggers, your chances of avoiding them improve. That holds true under any circumstances, but more so with the increased challenges of COVID. Here are some helpful reminders and

Communication: ALL YOU NEED IS LOVE...AND PATIENCE

It's essential to maintain structure for a person with Alzheimer's or other dementia disorder. It provides a sense of security. Bathing, dressing, eating, and bathroom use benefit from a daily routine. Also, try to continue activities you and your loved one always enjoyed. Modifications can be made to allow for current pandemic protocols.

Alzheimer's Disease Resource Center

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

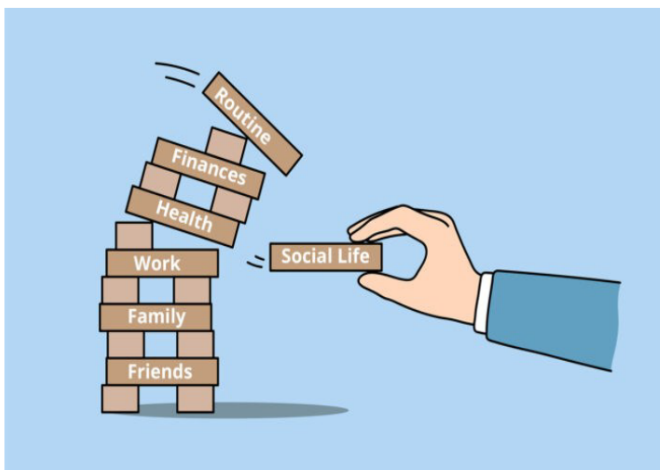
- ◆ Tuesdays at 7 pm
- ◆ Fridays at 12 pm
- ◆ Saturday at 10 am

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?

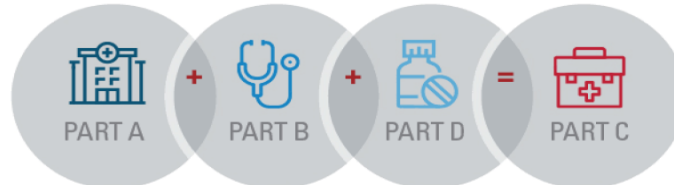
Yes, each group meets for 45 minutes.

Can I join multiple groups?

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

Inflation Reduction Act

Medicare



The **Inflation Reduction Act of 2022** will lower health care costs for millions of Americans and put money back in the pockets of American families and seniors. The Act will **cap prescription drug costs** for millions of New York Medicare beneficiaries, **reduce health insurance premiums** for tens of thousands of New Yorkers by hundreds of dollars per year on average while expanding coverage to about 49,000 New Yorkers, and **cap insulin co-payments** for the tens of thousands of New York Medicare beneficiaries that use insulin.

Below are highlight how the Inflation Reduction Act lowers health care costs for New Yorkers:

- ⇒ **Extends Enhanced Premium Assistance to New Yorkers with Marketplace Coverage** for Affordable Care Act Marketplace coverage for 3 years (through 2025), saving money for older adults not yet eligible for Medicare.
- ⇒ **More low-income Medicare beneficiaries will be able to afford coverage and care**
The bill eliminates the partial Part D Low-Income Subsidy (LIS) benefit - which left enrollees exposed to high costs and extends eligibility for the more comprehensive full subsidy to those who would have qualified: individuals with incomes between 135% and 150% of poverty and resources at or below the partial LIS limits
- ⇒ **Protecting Millions of New Yorkers from Catastrophic Drug Costs by Capping Medicare Beneficiary Out-of-Pocket Costs in Part D at \$2,000**
The bill creates a \$2,000 cap on annual OOP drug spending and allows these costs to be paid monthly. It also eliminates the 5% coinsurance requirement for catastrophic coverage and holds Part D premium growth at no more than 6% per year.
- ⇒ **Saving Hundreds of Thousands of New York Medicare Beneficiaries Money by Ending Cost-Sharing for Vaccines in Part D**
While Medicare Part B covers vaccines such as the flu vaccine at no cost-sharing, patients receiving vaccines covered under Medicare Part D, such as the vaccine for shingles, must pay for a portion of the cost out of pocket. **Starting in 2023**, the legislation will require \$0 cost-sharing for vaccines for Medicare Part D beneficiaries.
- ⇒ **Saving New York Medicare Beneficiaries Money by Capping Insulin Copays at \$35 per month**
Starting in 2023, the legislation will cap the out-of-pocket cost of insulin for Medicare beneficiaries at no more than \$35 for a month's supply

Support Services

TOWN OF HUNTINGTON SENIOR CENTER SUPPORT SERVICES



Support Services for Caregivers



Laurie Byrne, LMSW

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

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
Loss of Loved One Bereavement Support Group Pre-registration required	Monday, November 7	Room 106	10:45 AM – NOON
Spousal Bereavement Support Group Pre-registration required	Wednesday, November 2, 9, 16, 30	Room 106	1:30 PM - 3:00 PM
Caregiver Support Group	Friday, November 4, 18	Room 106	10:30 AM - 11:45 AM
Caregiver Yoga Call (631) 446-3705 to register each week, Friday/Monday prior to class	Tuesday November 1, 15, 22, 29	213	2:15 PM - 3:15 PM

Bereavement Support Groups provide education about the grief process, help build healthy coping skills, and provide an opportunity to meet others who are experiencing loss. A brief intake and registration paperwork are required before joining the group. If interested, please contact: **Laurie Byrne, LMSW** (631) 351-3253 Ext. 3780 or email LByrne@HuntingtonNY.gov

RESPITE PROGRAM: While caregivers attend the **Caregiver Support Group**, respite care is available for your loved one. Please call **two days** in advance for a respite care appointment at (631) 351-3293.

SUFFOLK COUNTY OFFICE FOR THE AGING: SENIOR ADVOCATE

Wednesday, November 16, 2022 8:30 am - Noon

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.**

*** BUILDING ENTRANCE REQUIREMENTS ***

Mask optional indoors and Symptom free



TOWN OF HUNTINGTON

ADULT DAY CARE CENTER

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

Welcome ...

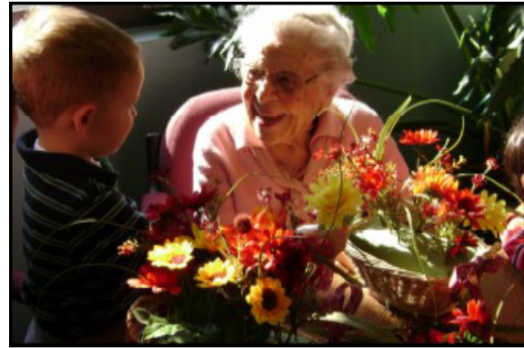
to a caring and friendly place serving frail seniors with special needs.

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.



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Hands on Huntington NNORC

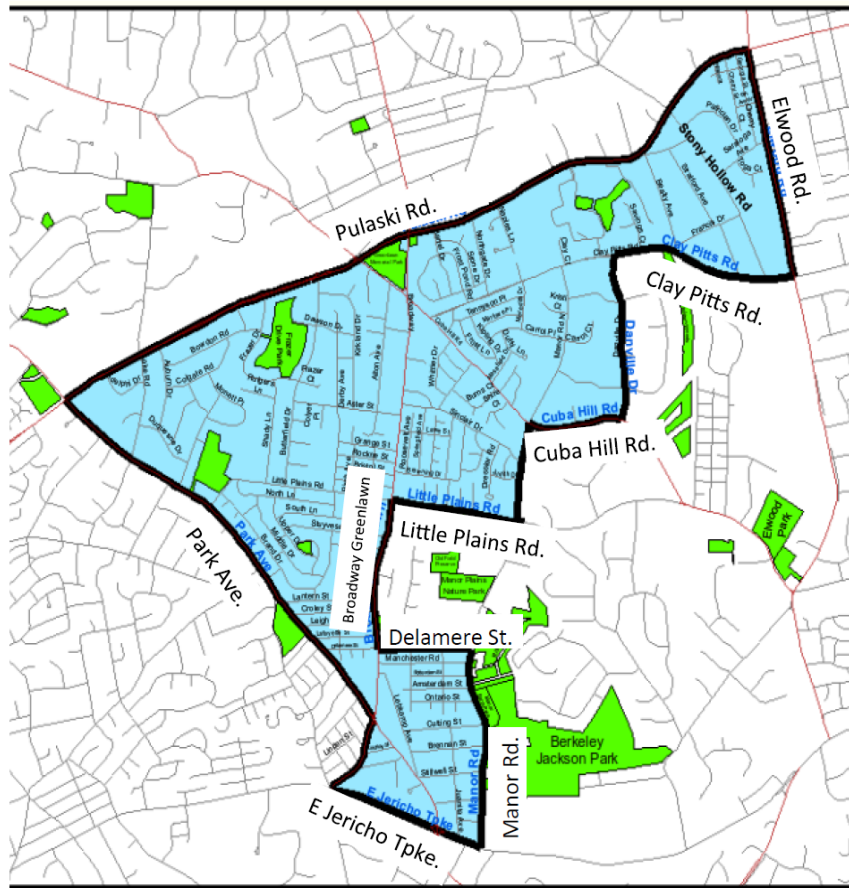
Hands on Huntington, a Neighborhood Naturally Occurring Retirement Community program, is a program provided at no cost to seniors age 60 years and older.

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>

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



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
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Household Assistance Rate – 18 Month Program

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*****



R.E.A.P

Residential Energy Affordability Partnership

Eligibility

REAP helps income-eligible customers lower their energy costs by finding household energy-saving opportunities and can provide families energy-saving appliances and devices installed in their homes for FREE.

Size of Family	Annual Income	Monthly Income
1	\$67,450 or less	\$5,621 or less
2	\$77,050 or less	\$6,421 or less
3	\$86,700 or less	\$7,225 or less
4	\$96,300 or less	\$8,025 or less
5	\$104,050 or less	\$8,671 or less
6	\$111,750 or less	\$9,313 or less
7	\$119,450 or less	\$9,954 or less
8	\$127,150 or less	\$10,596 or less

For each additional person add \$7,700 to Annual Income/\$642 to Monthly Income.

1-800-263-6786 Call to schedule a REAP visit



PSEG LONG
ISLAND



nationalgrid

Energy Affordability & Electric and Gas Bill Relief Program Help with Past Due Utility Bills

On June 16, 2022, the PSC adopted a \$557 million statewide program to provide COVID-19 utility bill relief for low-income electric and natural gas utility customers (Phase 1). The Commission recognizes that additional work will be done to address non-low-income residential and non-residential customer arrears resulting from the COVID-19 pandemic.

Phase I bill relief program:

- Includes a **one-time credit for residential low-income customers to eliminate accrued arrears through May 1, 2022.**
- Credits are expected to be posted to customer accounts by August 1, 2022 and consumers can expect to see the credit on their next billing cycle.
- **Authorizes the same bill relief for any low-income customers that enroll in the low-income bill discount programs by December 31, 2022.**

Eligibility for Phase I bill relief program:

Must be an **income eligible NY residential gas and/or electric utility customer with an active account.** The customer must be enrolled in their utility's bill discount program/Energy Affordability Program by December 31, 2022 or has received a benefit under one or more of the following programs:

HEAP	Lifeline Telephone Service Program	SNAP
Medicaid	Veterans Disability/Survivors Pension	SSI
TANF	Safety Net Assistance	
	Federal Public Housing Assistance	
	Utility Guarantee / Direct Vendor program	

Energy Affordability Program/Low-Income Bill Discount Program

The NYS Energy Affordability Program/Low-Income Bill Discount Program provides income-eligible consumers with a discount on their monthly electric and/or gas bills, as well as other benefits, depending on the characteristics of the particular utility's program. You may be enrolled automatically if you receive benefits from a government assistance program. **For more information visit your utility website or call.**

Quality care has a meaningful impact on those who are brave enough to reach out for help!

The holiday season is meant to bring us together in joy and warmth, but many adults and children are struggling to cope and this can be a particularly difficult time. FSL offers support and counseling for people facing life’s challenges.



Caregiver Support Groups
Bereavement Groups
Family Counseling
Housing Support
Addiction Treatment

Go to www.FSL-LI.org to learn about the 60+ programs offered.



Family Service League
 Restoring Hope. Rebuilding Lives.

Visit the “Find Help” page of www.fal-li.org for information on services and programs, families, and seniors.

FSL’s DASH 24-hour crisis hotline 631-952-333

631-427-3700

restorehope@fsl-li.org

www.fsl-li.org

THE MISSION OF FAMILY SERVICE LEAGUE IS TO HELP INDIVIDUALS, CHILDREN AND FAMILIES MOBILIZE THEIR STRENGTHS AND IMPROVE THE QUALITY OF THEIR LIVES AT HOME, IN THE WORKPLACE, AND IN THE COMMUNITY.



HEAP SEASON 2022-2023 - OPEN NOVEMBER 1, 2022

The Home Energy Assistance Program (HEAP) can help eligible New Yorkers heat and cool their homes. **If you are eligible, you may receive one regular HEAP benefit per program year and could also be eligible for emergency HEAP benefits** if you are in danger of running out of fuel or having your utility service shut off.



HEAP may be able to help you if you heat your home with:
Electricity, Natural Gas, Oil, Coal, Propane, Wood/Wood Pellets, Kerosene, or Corn

Regular HEAP Benefit:

Eligibility and benefits are based on: income, household size, the primary heating source, and the presence of a household member who is under age 6, age 60 or older or permanently disabled.

Regular benefits for households that pay directly for heat based on actual usage are paid directly to the vendor that supplies the household's primary source of heat.

2022-2023 HEAP Monthly Income Limits

Your total household gross monthly income for your household size must be at or below the following guidelines:

2022-2023 HEAP Benefit Gross Monthly Income Guidelines

Household Size	Maximum Gross Monthly Income
1	\$2,852
2	\$3,730
3	\$4,608
4	\$5,485
5	\$6,363
6	\$7,241
7	\$7,405
8	\$7,570

Questions regarding the HEAP program? Please call:

Suffolk County Department of Social Services - (631) 853-8825 | Monday-Friday, 8:30am-4:30pm



AFFORDABLE CONNECTIVITY PROGRAM

WHAT IS IT?

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

The benefit provides:

- Up to \$30/month discount for internet service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

WHO IS ELIGIBLE?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:

- Participates in any of the following assistance programs: SNAP, Medicaid, Federal Public Housing Assistance, Veterans Pension or Survivor Benefits, SSI, WIC, or Lifeline;
- Participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start (income based);
- Participates in the Free and Reduced-Price School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

TWO STEPS TO ENROLL

1

Go to **AffordableConnectivity.gov** to submit an application or print a mail-in application

2

Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

LEARN MORE

 Call 877-384-2575, or

 Visit [fcc.gov/acp](https://www.fcc.gov/acp)



Around Town and Beyond



TOWN OF HUNTINGTON VETERANS DAY CEREMONY



SUPERVISOR EDMUND J. SMYTH
COUNCILMAN EUGENE COOK
COUNCILWOMAN JOAN CERGOL
COUNCILMAN DR. DAVE BENNARDO
COUNCILMAN SALVATORE FERRO

VETERANS ADVISORY BOARD
WILLIAM OBER, CHAIRMAN

PLEASE JOIN US

SUNDAY, NOVEMBER 6, 2022
10:00 A.M.

HUNTINGTON TOWN HALL
VETERANS PLAZA
(LOCATED ON THE FRONT LAWN OF TOWN HALL)
SEATING FOR YOUR COMFORT

PATRIOTIC PERFORMANCE
HUNTINGTON MEN'S CHORUS
WREATH CEREMONY

REFRESHMENTS SERVED

FOR INFORMATION CONTACT

DEPARTMENT OF HUMAN SERVICES
CAROL ROCCO
VETERANS AFFAIRS
631-351-3012
CROCCO@HUNTINGTONNY.GOV

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

Website: TOHseniors.com

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