



# TOWN OF HUNTINGTON

## Human Services Department - Senior Division Home Delivered Meals Program

October 2023 - Edition XXII



A meal, and  
so much more.



## Home Delivered Meals

*So no senior goes hungry™*

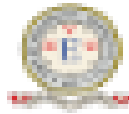


## Nutrition, Wellness, and Support Services



Town Board Meeting: Tuesday October 17, 2023 @ 2:00 pm

# TOWN OF HUNTINGTON



**Edmund J. Smyth**

## 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 Rocca, 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 Gold, Supervisor</i>	<u><a href="mailto:Amy.Gold@HuntingtonNY.gov">Amy.Gold@HuntingtonNY.gov</a></u> (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 Sokol, Coordinator</i>	(631) 351-3253
<b>Hands on Huntington</b>	(631) 351-6610
<b>Home Delivered Meals</b> <i>Geri VanDyke, Supervisor</i>	(631) 446-3783
<b>Home Delivered Meals</b> <i>Michele Foubie, 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)

**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.
6. Defrosted meals must be used within 5 days of defrost.



# 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 2023

**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, October 3, 10, 17, 24, 31	Room 213	2:15 - 3:15 PM
<b>Next Steps Group for Widows and Widowers</b> Pre-registration required	<b>12-week series:</b> Monday October 2, 16, 23, 30; November 6, 13, 20, 27	Room 106	1:30 - 2:30 PM
<b>Widows and Widowers Support Group</b> Pre-registration required	<b>12-week series:</b> Wednesday, October 4, 11, 18, 25	Room 106	1:30 - 3:00 PM
<b>Veterans Support Group with Ron</b>	Thursday, October 19	Library	10:30 - 11:30 AM
<b>Caregiver Support Group</b>	Friday, October 13, 27	Room 106	10:30 - 11:45 AM

**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.

**NEXT STEPS GROUP FOR WIDOWS AND WIDOWERS:** Many participants choose to continue in a group setting. This support group, in collaboration with Suffolk YJCC, encourages individuals to take steps towards new routines and activities, even as they continue to grieve. Group size limited. For information and required intake, please contact: Laurie Byrne, LMSW (631) 351-3253 x 3780 or LByrne@HuntingtonNY.gov.

**WIDOWS AND WIDOWERS SUPPORT GROUP:** Those who have recently experienced the death of a spouse can work through grief, examine feelings and discover inner strengths - all within a caring and supportive setting. Group size limited. For information, and required intake and registration paperwork contact: Laurie Byrne, LMSW (631) 351-3253 x 3780 or LByrne@HuntingtonNY.gov.

**VETERANS SUPPORT GROUP:** is an intimate group setting whereby participants bond, share and grow.  
**\*HELP WANTED\* VETERAN'S HALL OF HONOR:** The Senior Division is forming a committee to assist with the planning, organizing and exhibiting of military memorabilia, artifacts, and photos for the Town of Huntington Senior Center Veteran's Hall of Honor. For information contact: Ronald Worrell (631) 351-3253 Ext. 3752 or RWorrell@HuntingtonNY.gov.

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

Wednesday, October 18, 2023 from 8:30 am - 1:00 pm

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.**



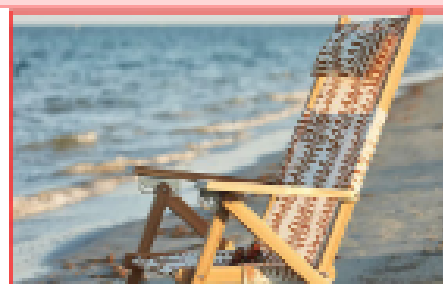
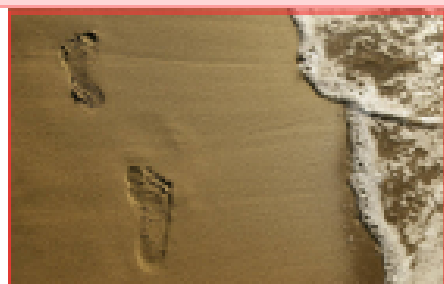
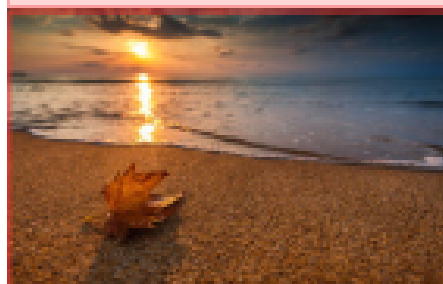
## TOWN OF HUNTINGTON SENIOR CITIZENS BEACH HOUSE AT CENTERPORT BEACH

239 Little Neck Road, Centerport  
Beach House: (631) 261-9186 Cottage: (631) 261-1058  
Game Room and Snack Bar open!

**COME SOCIALIZE AND ENJOY THE BEAUTIFUL VIEW OF CENTERPORT BAY!**

**Sunday Hours: 12:00 - 4:30 pm**  
**Monday through Thursday: 10:00 am - 3:45 pm**

**CLOSED IN OBSERVANCE OF  
Columbus Day - Monday, October 9, 2023**



**Ping Pong Table**  
at the  
Senior Beach House Cottage



**Book Discussion with Cathy**  
**A Fall of Marigolds by Susan Meissner**  
Monday, October 23 • 1:30 pm



### OCTOBER ACTIVITIES AT THE BEACH HOUSE

ALL ACTIVITIES REQUIRE A TOWN OF HUNTINGTON SENIOR MEMBERSHIP CARD  
MEMBERSHIP CARDS FOR PROGRAM AND ACTIVITIES  
AVAILABLE AT SENIOR BEACH HOUSE OR SENIOR CENTER

ACTIVITY	DAY	PLACE	TIME
Bridge	Sunday	BH/Large Card Room	12:30 pm - 4:15 pm
Pool Sharks (Informal)	Sunday Monday	Cottage Cottage	12:30 pm - 4:15 pm 11:30 am - 3:30 pm
Mahjong (Informal)	Monday	BH/Large Card Room	10:30 am - 12:30 pm
Just Jammin' (Informal Music Group)	Monday Wednesday	Cottage/Bayview BH/Cottage	Noon - 3:00 pm 10:00 am - 1:00 pm
Laurel Senior Club	Wednesday	Bayview Room	10:30 am - 1:30 pm
Harbormasters Art Group	Thursday	BH/Bayview	10:00 am - 1:30 pm
Advanced Art *REGISTRATION REQUIRED*	Thursday	Cottage	10:00 am - Noon
Beginner/Intermediate Art *REGISTRATION REQUIRED*	Thursday	Cottage	1:00 pm - 3:00 pm
Harmonizers	Thursday	Large Card Room	1:00 pm - 3:00 pm

\* Schedule subject to change - Seniors must provide their own art, card and/or game supplies \*



**TOWN OF HUNTINGTON**  
**SUPERVISOR EDMUND J. SMYTH**  
***29th Annual***  
***Hispanic Heritage***  
***Celebration***

**Cultural Musical Performances**

**Keynote Speaker David M. Sperling, ESQ.**

**Lawyer, Community Advocate and Mentor**



**WEDNESDAY, OCTOBER 4, 2023**  
**7:00 P.M.**

**HUNTINGTON TOWN HALL**  
**100 MAIN STREET, HUNTINGTON**  
**NEW YORK**

**COUNCILMAN EUGENE COOK**  
**COUNCILMAN DR. DAVE BENNARDO**



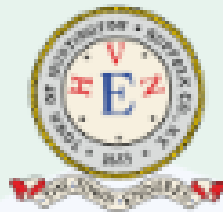
**COUNCILWOMAN JOAN CERGOL**  
**COUNCILMAN SALVATORE FERRO**

**and**

***The Town of Huntington Hispanic Advisory Task Force***

**For information, please contact**

**Carmen Kasper, Director of Human Services at (631)351-3304 [ckasper@huntingtonny.gov](mailto:ckasper@huntingtonny.gov)**



# **SUPERVISOR ED SMYTH & THE TOWN OF HUNTINGTON**

*present the*

## **FIRST ANNUAL COMMUNITY HEALTH & WELLNESS FAIR**



**TOWN OF HUNTINGTON FLANAGAN SENIOR CENTER**

**FRIDAY, OCTOBER 6, 2023**

**12PM - 6PM**

**FREE TESTING FOR CANCERS, DISEASES, ETC. -- FREE HEARING &  
VISION SCREENINGS -- FREE MEDICAL ADVICE -- FREE INFORMATION  
& GOODS TO TAKE HOME -- AND MUCH, MUCH MORE!**

**COME TAKE ADVANTAGE OF ALL THE WONDERFUL SERVICES!**





 **ORDER SONS AND DAUGHTERS OF ITALY IN AMERICA**  
**AND**  
**THE TOWN OF HUNTINGTON**  
**PRESENTS**

# COLUMBUS DAY

**WEEKEND PARADE**

**SUNDAY OCTOBER 8 STARTS 12:00 PM**

**PARADE BEGINS  
MAIN ST. @ YMCA  
PARADE ENDS  
MAIN STREET @ W. NECK RD.**

**BRING YOUR FAMILY  
BRING YOUR FRIENDS**

**CELEBRATE ITALIAN  
HERITAGE & CULTURE!!**

**Eugene Cook** Councilman  
**John Vergol** Councilwoman  
**Edmund J. Smyth** Supervisor  
**Dr. Dave Bonnaudo** Councilman  
**Salvatore Ferro** Councilman

HUNTINGTON HUMAN SERVICES INSTITUTE, INC.  
**TOWN OF HUNTINGTON**  
**HISPANIC ADVISORY TASK FORCE**



# LATIN NIGHT DANCE

## SCHOLARSHIP FUNDRAISER

Friday, October 13th, 2023

**6:10 PM**  
**MOOSE LODGE**  
**631 PULASKI RD.**  
**GREENLAWN, NY 11740**

HONORING

**DAVID M. SPERLING, ESQ.**  
FOUNDER OF THE DREAM FOUNDATION  
18 AND OVER TO ATTEND

INDIVIDUAL TICKET \$100

TABLE PURCHASE 10 PER TABLE \$950

INDIVIDUAL TICKET AT THE DOOR \$125



PLACE YOUR AD IN OUR PROGRAM

1/4 PAGE \$ 50

1/2 PAGE \$ 100

FULL PAGE \$ 250.

\*SILVER PAGE \$300

\*GOLD PAGE \$500

(\*COLOR)

CASH BAR: 21 AND UP

50/50, RAFFLES AND SPONSORSHIPS HELP US PROVIDE  
SCHOLARSHIPS TO GRADUATING SENIORS OF OUR  
COMMUNITY. IF YOU ARE UNABLE TO ATTEND, PLEASE  
CONSIDER A DONATION OR CONTRIBUTION.

cash or checks will be accepted  
made to: Human Service Institute, Inc.

SPONSORSHIPS WELCOMED!

EMAIL:

FRIENDSOFHHTF@GMAIL.COM



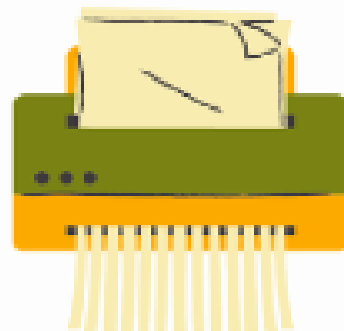
**Councilwoman Joan Cergol presents**

# **A SHRED & SHED EVENT**

**in partnership with Storage Quarters Records Management &  
the Office of Suffolk County Sheriff Errol D. Toulon, Jr.**



**Do you have paper documents and  
unused pills you're trying to get rid of?**



**Join us on Tuesday, October 24, 2023 from 1 PM to 4 PM  
at the Huntington Senior Center (423 Park Ave) for free  
drive-thru document shredding and medication disposal!**

**Residents are limited to two banker-style boxes of documents each.  
Liquid medications and sharps (lancets, syringes) will not be accepted.**

Eugene Cook  
Councilman

Joan Cergol  
Councilwoman

Edmund J. Smyth  
Supervisor

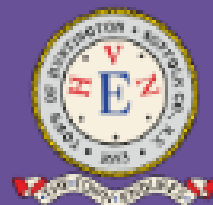
Dr. Dave Bennardo  
Councilman

Salvatore Ferro  
Councilman



THERE IS NO EXCUSE FOR ABUSE.

# OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH



Hands should be used to help rather than harm.  
Together, let's take a stand against domestic violence.



Join the Town of Huntington  
October 25th, 2023  
at The Cinema Arts Centre  
For a Short Film and Guest Speakers  
423 Park Avenue  
Huntington, NY 11743  
From 5pm-7pm



Edmund J. Smyth  
Supervisor



Eugene Cook  
Councilman

Light refreshments will be served

Joan Cergol  
Councilwoman



Dr. Dave Bennardo  
Councilman



Salvatore Ferro  
Councilman





# DONATE **BLOOD** SAVE LIVES



**Tuesday, October 31, 2023**  
**7:30AM - 7:30PM**

Town of Huntington Flanagan Center  
423 Park Avenue, Huntington 11743

**SCAN THE QR CODE TO REGISTER**



New York  
Blood Center



# 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>

(left -right) Joyce Little, LMSW; Sarah Sussman, MSW;  
Bunny Karalitzky, RN MS

**Hello community! Please join Hands on Huntington for our  
November Advisory Board Meeting  
Wednesday, November 15, 2023 - 11:00 am  
Harborfields Library, 31 Broadway, Greenlawn**

This meeting is open to all the residents of this community. It is an excellent opportunity to get to know Hands on Huntington staff and the services we provide to the seniors in the catchment area. We hope to see you there.

**Health Chat presented by:  
Stony Brook Heart Institute  
Early Heart Attach Care (EHAC) and Hands-Only CPR Demonstration  
Wednesday, November 1, 2023 - 11:00 am - Noon  
Harborfields Library, 31 Broadway, Greenlawn**

Presenter: Yvonne Leippert, RN, MS, CCRN and Nurse Specialist for  
Heart Center Accreditation

**Blood Pressure Screenings will be available** by Bunny Karalitzky, RN, MS. For additional information, please contact Hands on Huntington at (631) 351-6610.

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



## ***NUTRITION***

### **Save Money with SNAP- Apply Today!**

A food access program for  
eligible individuals and families  
who are experiencing an economic emergency.

Now serving Suffolk, Nassau & Queens residents.

#### **SNAP**

A program focused on  
increasing access to  
healthy foods for eligible  
Long Island individuals  
and families.

#### **Food Pantry Locations**

If you need information, reach out to our Outreach Coordinator at  
(516) 559-4453 or email at [CommunityResponse@hwcli.com](mailto:CommunityResponse@hwcli.com)



[www.hwcli.com](http://www.hwcli.com)

Prepared by a project of Hunger Solutions, New York.  
This institution is an equal opportunity provider.

**HWCLI**  
Health & Welfare Council of Long Island



# TOWN OF HUNTINGTON SENIOR CENTER



## FOOD DISTRIBUTION 3RD THURSDAY OF EVERY MONTH ★ SENIOR CENTER REAR PARKING LOT ★ 1:00 – 2:00 PM



- AVAILABLE TO SENIOR VETERANS AND VETERAN SPOUSES
- HEALTHY FOOD PROVIDED TO VETERANS AND VETERAN SPOUSES BY VETERANS



- FREE MONTHLY NUTRITIOUS FOOD PACKAGES FOR SENIORS
- 60 YEARS OF AGE OR OLDER
- NY STATE RESIDENT
- NON-US CITIZENS WELCOME
- INCOME VERIFICATION -
  - \$1,580 MONTHLY GROSS INCOME PER SENIOR



REPRESENTATIVES FROM ISLAND HARVEST WILL ALSO BE AVAILABLE FOR ANY QUESTIONS YOU MAY HAVE



Eugene Cook  
Councilman

Joan Cergol  
Councilwoman

Edmund J. Smyth  
Supervisor

Dr. Dave Bennardo  
Councilman

Salvatore Ferro  
Councilman



# WELLNESS



These 3 types of physical activity can help you **stay healthy and independent**:



Aerobic activity



Muscle-strengthening activity



Balance activity



## Get your heart beating faster.

**Aerobic activity** can help you do everyday tasks and keep your mind and memory sharp.

Try these aerobic activities:

- Go for a swim or bike ride
- Walk around the neighborhood — or inside your home when the weather's bad
- Play a sport with friends — consider pickleball or tennis



Aim for at least **150 minutes a week** of moderate-intensity aerobic activity.

### Just getting started?

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.



## Build your muscle strength.

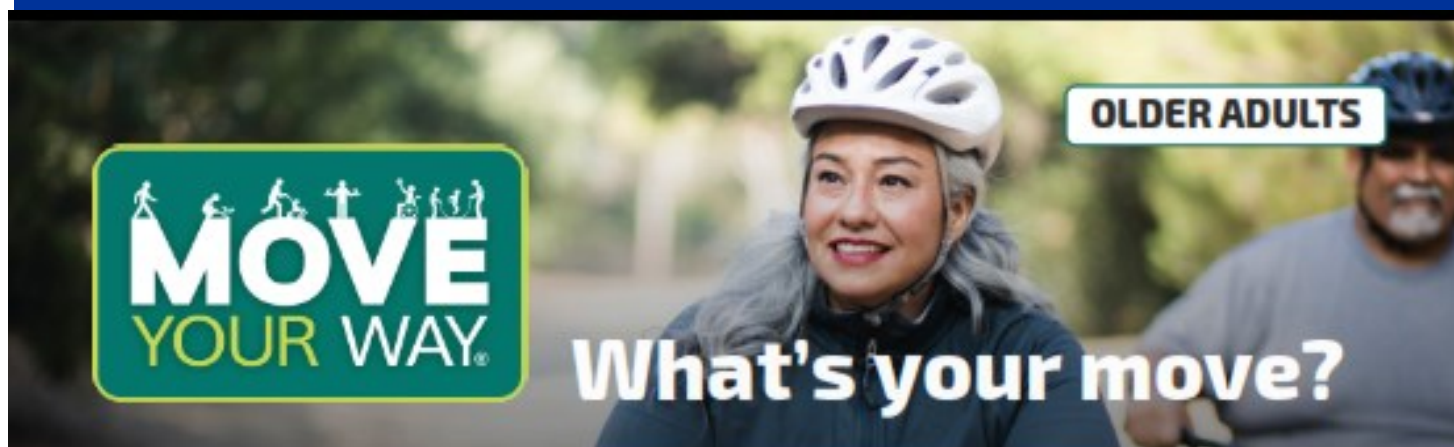
**Muscle-strengthening activity** can make it easier to do things like get up from a chair or open a jar.

Try these muscle-strengthening activities:

- Do squats, lunges, or arm circles
- Carry groceries
- Lift weights — or fill a plastic bottle with water and lift that instead



Aim for at least **2 days a week** of muscle-strengthening activity.



## Physical activity can make daily life better.

When you're active and strong, it's easier to:



Do everyday tasks,  
like chores and shopping



Keep up with the grandkids



Stay independent  
as you get older

And it has big health benefits, too.

✓ Less pain

✓ Better mood

✓ Lower risk of many diseases

## How much activity do I need?

### Moderate-Intensity aerobic activity

Anything that gets your heart beating faster counts.



AND



Break it up over the whole week however you want!



## Physical activity can help manage many health problems.

- ✓ Reduce symptoms of arthritis, anxiety, and depression
- ✓ Help keep diabetes and high blood pressure under control

## Just getting started?

No problem — start slow and do what you can. **Even a 5-minute walk has real health benefits.** Build up to more activity over time.

**Mix in stretches and activities to improve your balance, too!** Keep your body flexible and help lower your risk of falls.

## And all sorts of activities count.



Even things you have to do anyway



Even things that don't feel like exercise

## You can get more active.

No matter your age, you can **find a way that works for you.**



So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.  
[health.gov/MoveYourWay/Activity-Planner](https://health.gov/MoveYourWay/Activity-Planner)



# *Need Health Insurance?*

## **We can help!**

You and your family may qualify for low cost, quality health insurance options through NY State of Health Marketplace.

HWCLI's Qualified Team can help you with:



- One on one assistance with the application
- Medicaid, Essential Plan, Child Health Plus, and Qualified Health Plans
- Comparing plan costs and benefits
- Finding a plan that's right for you
- Updating and renewing applications
- Assistance in English, Spanish and Haitian Creole

Eligibility is based on factors such as:

- Citizenship/Immigration Status,
- Household Income
- Household size



[nystateofhealth.ny.gov](http://nystateofhealth.ny.gov)  
855-355-5777



**Call us today!**  
**(516)-505-4426**



# The rules have changed.

Don't lose your health insurance. **Re-enroll now.**

**Automatic enrollment for Medicaid recipients ended June 1.** You are at risk of losing your insurance if you don't recertify. Call today for help re-enrolling in Medicaid, Child Health Plus, or the Essential Plan. Members of special populations like the Aged, Blind, and Disabled must also recertify to keep coverage.

**Call now.**



Nassau-Suffolk  
Hospital Council



guidance &  
counseling services

**HWCLI**

Health & Welfare Council of Long Island

**Our operators will direct you  
to the appropriate agency:**



**631-435-3000**

**For More Information:**

**631-435-3000 | #keepLIcovered**



## SUPPORT SERVICES



# 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**







# HOME ENERGY ASSISTANCE PROGRAM (HEAP)



**THE HOME ENERGY ASSISTANCE PROGRAM (HEAP) CAN HELP ELIGIBLE NEW YORKERS HEAT AND COOL THEIR HOMES. QUESTIONS REGARDING THE HEAP PROGRAM SHOULD BE DIRECTED TO YOUR HEAP LOCAL DISTRICT CONTACT:**

**SUFFOLK COUNTY DEPARTMENT  
OF SOCIAL SERVICES  
HAUPPAUGE (631) 853-8825**

## **HEAP may be able to help you if you heat your home with:**

- \*Electricity**
- \*Natural Gas**
- \*Oil**
- \*Coal**
- \*Propane**
- \*Wood/Wood Pellets**
- \*Kerosene**
- \*Corn**

## **Regular HEAP Benefit**

The 2023-2024 is scheduled to open on November 1, 2023. If you are eligible, you may receive one regular HEAP benefit per program year to help you pay for heating your home.

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.

# HURRICANE SEASON SAFETY TIPS



Hurricane season runs from **June 1** to **November 30**. We cannot control the weather, but we can control our preparation. Follow the tips below to make sure you and your family keep safe this hurricane season.



## YOUR HURRICANE RESPONSE PLAN:

Prepare your family and loved ones in advanced of a hurricane by developing your own family response plan. It is important that you do not wait until a warning has been issued. Here are some suggestions...

listen to local news • know where your local shelters are • prepare an Emergency Supply Kit • be sure your phone is fully charged • make a plan for your pets • check your insurance coverage • know how and when to turn off water, gas and electricity • fuel your vehicle

## BE PREPARED FOR A HURRICANE:

Hurricanes are massive storm systems that form over warm ocean waters and move toward land. Threats from hurricanes include powerful winds, heavy rainfall, storm surges, coastal and inland flooding, rip currents, tornadoes and landslides.

PREPARE  
NOW

SURVIVE  
DURING

BE SAFE  
AFTER



## EMERGENCY SUPPLY KIT

- Flashlights
- Portable radio
- Extra batteries
- First aid kit
- Non-perishable foods
- Can opener
- Bottled Water
- Blankets
- Important documents
- Medication
- Cash
- Credit cards
- Paper plates
- Plastic eat-

## FOR YOUR FURRY FRIENDS:

- Water gallon jugs
- Pet food
- Bowls
- Cat litter/box
- Pet Crate
- Medications
- Leash
- Muzzle
- Harness
- Pet photo
- Plastic bags
- Disinfectant
- Treats



Edmund J. Smyth  
Supervisor

Eugene Cook  
Councilman

Joan Cergol  
Councilwoman

Dr. Dave Bennardo  
Councilman

Salvatore Ferro  
Councilman



## Smart 911

**Quote from a First Responder** *“One of the things we fail to think about is the fact that when a person is dialing 9-1-1, it can be a very chaotic environment and there could be a lot of panic involved. If they have preloaded a profile that automatically populates for our responders, we have useful information, even if the person cannot relay all needed information to us.”*

- Through the Smart 911 Program you can create a Safety Profile which provides first responders with information you have provided that will help Police, Fire, and EMS locate and help you in an emergency.



### Extra Features of Smart 911

- **Smart 911** also provides weather alerts and notifications to those who are registered with the Program.
- **Vulnerable Needs Registry** which Alerts emergency managers in your town that you need special assistance when a disaster strikes.
- **Smart 911** ensures that the details you would need to tell 9-1-1 are immediately available in the event you cannot verbally provide them.

### CAC Members Research / Participation

Members from the Town's CAC Advisory Committee have met with local Fire Department Chiefs from Halesite Fire Department, as well as Dix Hills Fire Department. In each of these meetings the Fire Chiefs described to the members how they have implemented the program within the town, and how beneficial the program is to their rescue missions. Each time there is an emergency call from someone who is registered with the program they can quickly identify the needs, limitations, and health concerns / medical info that the individual calling has prior to emergency services arrival.

- **Smart 911 Mobile App** is available on the App store as well as Google Play.
- **Register Online at** <https://www.smart911.com/smart911/registration/registrationLanding.action>
- **Through Smart 911** You can add as much or as little information about your vehicles, pets, service animals, along with any special notes that you would want responders to know. Smart 911 allows citizens to provide the additional details that 9-1-1 call takers may need in order to assist them during an emergency. When you dial 9-1-1 today the information received by the 9-1-1 call center can be limited based on the type of phone you are calling on. With Smart911, anytime you make an emergency call from a phone registered with your Safety Profile, the 9-1-1 systems recognizes your phone number and automatically displays your profile on the screen of the call taker who receives your call.

## Energy Affordability Program (EAP)

The Energy Affordability Program (EAP) assists income-eligible customers with managing home energy bills. EAP is automatic with receipt of and continued enrollment in the Home Energy Assistance Program (HEAP).

National Grid partners with the State Office of Temporary Disability Assistance, HEAP Bureau and New York City's Human Resources Administration, to identify customers in our service territory who have received a HEAP grant on another utility or fuel vendor account via a file match. Customers identified, provided there is a match in our system (account holder/address match), will be enrolled in the EAP program.

### Program Eligibility:

- Enrollment is automatic if a HEAP payment is received or has posted to the National Grid account within the last 14 months or shows documentation\* of one of the following other qualifying programs:

The Home Energy Assistance Program (HEAP)
Lifeline Telephone Service Program (Lifeline)
Supplemental Nutrition Assistance Program (SNAP)
Medicaid
Veterans Disability or Survivors Pension
Supplemental Security Income (SSI)
Federal Public Housing Assistance
Child Health Plus
Utility Guarantee/Direct Vendor programs
Temporary Assistance for Needy Families (TANF)
Safety Net Assistance
Bureau of Indian Affairs General Assistance (if living on tribal lands)
Head Start (if living on tribal lands)
Tribal TANF (if living on tribal lands)
Food Distribution Program on Indian Reservations (if living on tribal lands)

\*Documentation: A copy of the certifying agency's acceptance letter or award letter.



- Customers whose HEAP grant went to another utility or fuel vendor within the last 14 months can provide proof of receipt of HEAP and will be enrolled in the Energy Affordability Program (EAP).

### Program Benefits:

- A monthly bill credit
- Automatic enrollment into our Budget Plan (if you have no past-due balance at the time of enrollment) unless you opt-out.

continued >



## COMMUNITY BASED VETERAN CASE MANAGEMENT PROGRAM

*Providing limited-time case management, helping formerly homeless veterans in permanent housing or moving into an identified permanent location maintain their independence.*

### SERVICES:

- Case Management & stabilization support
- Nutritional Support
- Referrals to community based supportive services
- Budgeting Assistance
- Pro Bono Legal Services
- Assistance with service connected & non service connected benefits

### ELIGIBILITY:

Veterans must qualify for VA services and cannot be receiving case management through any other programs. ie: HUD VASH, SSVF, Care Coordination

**For assistance contact the case manager at:**

**office: 631.665.1571 x126**

**mobile: 631.275.8394**



**CONTACT US:** 631.665.1571 ● [info@uvbh.com](mailto:info@uvbh.com) ● [www.uvbh.org](http://www.uvbh.org)  
1715 Union Blvd., Bay Shore, NY 11706

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



# **Long Island Rail Road**



### ***Important Message***

#### **HUNTINGTON LIRR - NORTH ELEVATOR**

This is an important notice to all Huntington Long Island Railroad riders. 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 as soon as possible. This sign has been placed in several locations in the LIRR station.

#### **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. ***Busses are handicap accessible.***

The shuttle will be available Monday through Saturday between the hours of 8am and 6 pm only to provide shuttle service for riders from one side of the LIRR tracks to the other. These services must be scheduled a minimum of **2 days in advance of the date service is requested.**

In order to request this service, riders should contact the HART Bus dispatch office phone number at (631) 427-8287. When requesting shuttle service, please alert the HART dispatchers which track you are transferring from - the north or south side of the tracks and **whether you need a handicap accessible bus.**

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.**

**HART Bus (631) 427-8287**





Department of State  
Office for New Americans

NEW AMERICANS HOTLINE: 1.800.566.7636

HWCL  
Health & Welfare Council of Long Island



# IMMIGRATION RESOURCE FAIR



## Featuring:

- Long Island Care, Mobile Food Assistance Unit, will be on site at 5:00pm offering emergency nonperishable food bags to any family in need of emergency food. *\*limited bags available-first come, first serve*
- Assistance with filling out applications for health insurance and public benefits!
- Brief legal consultations (first come, first serve!)
- Presentations will be in English, Spanish, and Haitian-Creole!

**When:** October 2, 2023  
5:00pm - 8:30pm

**Where:** Uniondale Public Library  
400 Uniondale Avenue  
Uniondale, NY 11553

## PRESENTATIONS INCLUDE:

**5:10pm- Know Your Rights: Tenants**  
Presented by Nassau Suffolk Law Services

**6:10pm- Know Your Rights:  
Information on Navigating Public  
Benefits and SNAP Benefits**  
Presented by the Health and Welfare  
Council of Long Island and Nassau Suffolk  
Law Services

**7:10pm- Know Your Rights:  
Immigration-Related Issues**  
Presented by CARECEN

**7:50pm- Know Your Rights:  
Domestic Violence-Related  
Issues**  
Presented by The Safe Center of  
Long Island



Sponsored by CARECEN, Nassau Suffolk Law Services, The Safe Center LI, Health and Welfare Council of Long Island, Long Island Cares Inc.



# The **Heckscher Museum** of Art

## October 2023 Featured Events



Artist Rendering of Illuminations  
by Artist Han Qin



Plein Air Painting at Dove/Torr Cottage



Courtney M. Leonard, *BREACH: Logbook 23 I ALLUVION*, 2023, ceramics, oyster shells, pallets, paint, video

### HUNTINGTON VILLAGE ART WALK

Sunday, October 1: 12 - 5 pm (Rain or Shine) **IP**

### ILLUMINATIONS 2023 LIGHT SHOW & KIDS ART ACTIVITY (DURING THE LONG ISLAND FALL FESTIVAL)

Light Show: Sat., Oct. 7 & Sun., Oct. 8, 7 - 8 pm      Kids Art Activity: Sun., Oct. 8, 12 - 5 pm **IP**

### PLEIN AIR PAINTING AT DOVE/TORR COTTAGE

Sunday, October 15: 11:30 am - 4:30 pm (Rain Date: Sun., Oct. 22) **IP R \$**

### PANEL: SHINNECOCK ART & ACTIVISM | BOOK SIGNING WITH ARTIST COURTNEY M. LEONARD

Saturday, October 21: Panel: 10:30 - 11:30 am      Book Signing: 11:30 am - 12:30 pm **IP R \$**

### GUIDED TOURS OF ARTWORK BY COURTNEY M. LEONARD (IN COLLABORATION WITH PLANTING FIELDS)

Saturday, October 21: 12:30 - 1 pm, 2:30 - 3 pm at each site **IP R \$**

### BILINGUAL FAMILY HOUR SUNDAY - IN ENGLISH & SPANISH

Sunday, October 22: 10:30 - 11:30 am **IP R \$**

### PORTFOLIO DEVELOPMENT FOR HIGH SCHOOL STUDENTS

Thursday, October 26: 6 - 9 pm **IP**

### HALLOWEEN AT THE HECKSCHER

Friday, October 27 & Saturday, October 28: 12 - 5 pm **IP**

### DÍA DE LOS MUERTOS (DAY OF THE DEAD) FAMILY CELEBRATION & ALTAR DECORATING

Celebration: Sat., Oct. 28, 7 - 9 pm      Altar Decorating: Sun., Oct. 29 & Thurs., Nov. 2, 12 - 5 pm **IP**

The **Heckscher Museum** of Art  
2 Prime Avenue  
Huntington, NY 11743  
631.380.3230

Register & See Full Calendar at  
[heckscher.org/calendar](https://heckscher.org/calendar)

**IP** = In Person      **V** = Virtual  
**R** = Registration required      **\$** = Fee

**Heckscher.org**  
[@heckschermuseum](https://twitter.com/heckschermuseum)



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# The **Heckscher Museum** of Art

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## **DÍA DE LOS MUERTOS (DAY OF THE DEAD)** **FAMILY CELEBRATION**

**Saturday, Oct. 28, 2023, 7- 9 pm**  
**FREE**

Families are invited to celebrate Día de los Muertos at this special event at the Museum in collaboration with the Town of Huntington Hispanic Advisory Task Force! Enjoy learning about this special holiday and how it is celebrated around the world. Create colorful paper flowers, sugar skulls, frames, and more. Bring something special to leave at our altar, to honor and remember loved ones.

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## **DÍA DE LOS MUERTOS (DAY OF THE DEAD)** **ALTAR DECORATING**

**Sunday, Oct. 29, & Thursday, Nov. 2, 2023, 12 - 5 pm**  
**FREE**

In celebration of this special holiday, the Museum will have an altar in the lobby to welcome spirits back to the realm of the living! Please bring something colorful to leave in honor of a loved one, past or present.

**The Heckscher  
Museum of Art**

2 Prime Avenue  
Huntington, NY 11743  
631.380.3230

### **UPCOMING**

**Halloween at the Heckscher**  
Friday, Oct. 27, & Saturday, Oct. 28  
12 - 5 pm

[Heckscher.org](https://Heckscher.org)  
[info@heckscher.org](mailto:info@heckscher.org)





# FALL WORD SEARCH



Find all HIDDEN WORDS in the Word Search Puzzle Below. Good Luck

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

ACORN  
CORN  
LEAVES  
SQUASH

APPLE  
FALL  
NUTS  
TURKEY

CHESTNUTS  
FOOTBALL  
PIE

CHILLY  
HARVEST  
PUMPKIN

CIDER  
HAY  
RAKE

COLD  
HAYRIDE  
SEASON







## Senior Participation Discount List

**Contact Merchant for Individual Discounts**  
**Restrictions May Apply**

Art League of LI	107 East Deer Park Avenue	Dix Hills	631-462-5400	30% Off Adult Membership
Buttercookky Bakery	485 New York Avenue	Huntington	631-424-4034	10% Off Monday Only
C & C Meats	249 Old Walt Whitman Road	Huntington	631-271-6504	20% Off Tuesdays Only
C Town Supermarket	1662 New York Avenue	Huntington Sta.	631-673-5575	10% Off Wednesday Only
Community Market	105 Depot Road	Huntington Sta.	631-423-0645	10% Off Wednesday Only
Copenhagen Bakery	75 Woodbine Avenue	Northport	631-754-3256	20% Off Monday Only
Country Bagels	361 Route 25A	Northport	631-261-7521	1/2 Off 6 Bagels/Limit 6
Craft Shoes	6149 Jericho Turnpike	Commack	631-499-5773	20% Off Excl. Sale Items
Double "S" Deli	15 West Neck Road	Huntington	631-421-9225	5% Off Daily
Dunkin	15 Southdown Road	Huntington	631-424-0647	5% Off Daily
Dunkin	200 East Main Street	Huntington	631-935-0031	5% Off Daily
Dunkin	535 New York Avenue	Huntington	631-421-2010	5% Off Daily
East Northport Bagel Café	355 Larkfield Road	East Northport	631-456-5200	10% Off Daily
Eyewear by Patrice	529 Fort Salonga Road	Northport	631-757-3937	20% Off Daily
Family Care Pharmacy	33 Walt Whitman Road	Huntington Sta.	631-350-6400	10% Off Limitations Apply
Filletto's Pizza	297 Clay Pitts Road	East Northport	631-266-3700	10% Off Reg. Price Menu
Golden Globe Diner	365 West Main Street	Huntington	631-351-9650	10% Off Daily
Goodwill NY/NJ	1900 Jericho Turnpike	East Northport	631-462-4219	10% Off Tuesday Only
Hometown Bakeshop	2 Little Neck Road	Centerport	631-754-7437	10% Off Daily
Huntington Dental	1 Schwab Road	Melville	631-673-1552	20% Off Daily
Huntington Food Plaza	2035 New York Avenue	Huntington Sta.	631-271-3700	10% Off Wednesday Only
IGA	301 Clay Pitts Road	East Northport	631-365-1661	5% Off Tuesdays Only
IHOP	259 Old Walt Whitman Road	Huntington Sta.	631-423-5760	10% Off Reg. Price Menu
Jones Drug Store	100 Main Street	Northport	631-261-7070	10% Off Limitations Apply
Jonny D's Pizza	946 New York Avenue	Huntington	631-355-4444	10% Off Daily
Mainsource Pharmacy	347B Main Street	Huntington	631-760-1114	15% Off Limitations Apply
Mama Lucia's	1520 New York Avenue	Huntington Sta.	631-423-4555	10% Off Daily
Melville Deli	90 Broadhollow Road	Melville	631-351-9335	10% Off Daily
Mo's Bagels	75 Broadway	Greenlawn	631-754-2667	10% Off Monday - Friday
Mo's Bagels	707 Fort Salonga Road	Northport	631-754-6152	10% Off Monday - Friday
Moss Opticians	345 Main Street	Huntington	631-421-4211	10% Off Daily
Mozzarella's Pizza	1937 Jericho Turnpike	East Northport	631-462-0600	10% Off W \$15 Min.
North Shore Pharmacy	25 Southdown Road	Huntington	631-427-6262	10% Off Excl. Prescriptions
110 Pharmacy	459 Walt Whitman Road	Melville	631-421-5454	10% Off Limitations Apply
Skorplos Restaurant	340 New York Avenue	Huntington	631-549-5557	10% Off Daily
Spuntino	657 Old Country Road	Dix Hills	631-547-9300	10% Off Not Combinable
Tim's Shipwreck Diner	46 Main Street	Northport	631-754-1797	15% Off Daily
Town Drugs	517A Larkfield Road	East Northport	631-266-3899	10% Off Excl. Prescriptions
Uncle Giuseppe's	580 Walt Whitman Road	Melville	631-653-5900	5% Off Wednesday Only
Value Drugs	106 Broadway	Greenlawn	631-754-0532	10% Off Wednesday Only
Value Drugs	349 New York Avenue	Huntington	631-427-2919	10% Off Wednesday Only
Vision World	689 Old Country Road	Dix Hills	631-271-3520	20% Off Daily

# TOWN OF HUNTINGTON



**Edmund J. Smyth, Supervisor**

Eugene Cook, Councilman

Joan Cergol, Councilwoman

Dr. Dave Bennardo, Councilman

## DEPARTMENT OF HUMAN SERVICES

Carmen Kasper, Director of Human Services

423 Park Avenue, Huntington

(631) 351-3304

## SENIOR CITIZENS DIVISION

Julia Frangione, Director

### **Contact Us:**

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

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