



TOWN OF HUNTINGTON

Adult Day Care Newsletter

April 2025



Dear friends,

Spring is finally here. After a long winter, I hope you all have been enjoying warmer weather and longer daylight hours. March is a special time in Huntington, and the many celebrations that happened throughout the town last month are proof of that. From Women's History Month to our Flanagan Center's anniversary, there was something for everyone to enjoy.

I had the honor of sponsoring this year's Women's History Month event, which focused on women's achievements in the fields of artificial intelligence, robotics, and STEM. Women from each of these fields delivered informative presentations about computer science, library media, STEM education, and AI usage, and followed up those presentations with one-on-one questions and answers. Each of these women seeks to enhance the lives of the people they serve through technology, and I am grateful to them for their willingness to speak with Huntington residents about the important work they do.

The Town of Huntington runs because of the amazing women who work here. Women play key roles at each and every level of this administration, and their hard work ensures that Huntington's residents' needs are met. At the Flanagan Center, the female directors and staff provide compassionate care to our seniors every day. Whether organizing activities and focus groups or coordinating the daily lunch menu, their dedication makes Huntington a model town for the young at heart. The Town Board and I extend our gratitude to them for everything they do for our seniors.

St. Patrick's Day is a favorite here in Huntington, with celebrations ranging from the annual Ancient Order of Hibernians parade to special meals at the Flanagan Center. This year, to celebrate, the Flanagan Center hosted a St. Patrick's Day luncheon, complete with festive green clothing, decorations, and a St. Patrick's Day meal of corned beef, cabbage, and Irish soda bread. After the luncheon, I had the honor of serving on the panel of judges for Adult Day Care's 9th annual Irish soda bread contest. Each and every participant put forward their best effort in creating their own rendition of this St. Patrick's Day classic. Congratulations to the winners!

Last month, the Flanagan Center turned 51 years old. We in Huntington are very fortunate to have a place that encourages togetherness and community for our seniors. The Flanagan Center is a place for seniors to enjoy activities and each other's company, but it is also the home of our truly wonderful Youth Bureau, which serves the youth of Huntington through counseling, education, and so much more. I am certain the Flanagan Center will remain a pillar of the community for many years to come.

In April, there will be a series of events and presentations about health maintenance, from fall prevention to a visit from the St. Francis Health Van. Additionally, we invite you to join us for the Spring Hat Parade and other events to celebrate the end of winter. Please see the calendar for details.

Happy Spring to all. I look forward to welcoming you to the Flanagan Center this month.

Regards,

A handwritten signature in blue ink, appearing to read 'Ed Smyth'.

Ed Smyth, Supervisor



**Councilman
Dr. Dave Bennardo**



**Councilman
Salvatore Ferro**



**Supervisor
Edmund J. Smyth**



**Councilwoman
Brooke A. Lupinacci**



**Councilwoman
Theresa Mari**

Town Board Meetings: Tuesday, April 8, 2025 @ 6:00 pm



TOWN OF HUNTINGTON

Edmund J. Smyth, Supervisor

DEPARTMENT OF HUMAN SERVICES

Kevin Thorbourne, Director

(631) 351-3304

HumanServices@HuntingtonNY.gov

423 Park Avenue

Huntington, New York 11743

Senior Citizens Division

Julia Frangione, Director (631) 351-3253

Minority Affairs

Kevin Thorbourne, Director (631) 446-3723

Veterans Affairs

Carol Rocco, Coordinator (631) 351-3012

Women Services

Julia Frangione, Coordinator (631) 351-3253

Persons with Disabilities

(631) 446-3726

Human Services Institute

(631) 446-3726

Senior Center Manager <i>Geri VanDyke</i>	(631) 351-3253
Adult Day Care <i>Rachel Michaelis, Program Supervisor</i>	(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
Hands on Huntington <i>Beth Del Giudice, LMSW, Director</i>	(631) 351-6610
Home Delivered Meals <i>Rose Ramirez, Program Supervisor</i>	(631) 446-3783
Senior Center <i>Michele Foulke, Senior Advocate</i>	(631) 446-3702
Home Maintenance/Repair Program	 Direct Line (631) 446-3721
Senior Social Worker <i>Laurie Byrne, LMSW</i>	(631) 351-3253
Town Hall	(631) 351-3000

Huntington Senior Citizens Board of Directors

Maureen Strein, 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

Edmund J. Smyth, Supervisor



ADULT DAY CARE NEWSLETTER



April 2025

Special Events

Monday, 7th

Dance Party with D.J. Bob

Friday, 18th

The Easter Bunny Visit

Monday, 21st

Long Island Museum: Voices to Vote

Tuesday, 22nd

Earth Day Celebration with Mary Peck

Thursday, 24th

Pitch Pipe with Jimmy Rosica

Wednesday, 30th

Piano Time with Remy D'Esposito



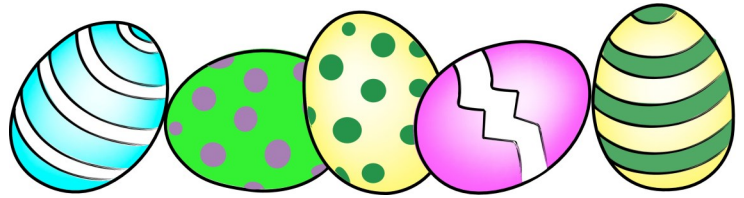
Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman




Huntington Adult Day Care Program
423 Park Ave, Huntington
631-351-3293 HuntingtonNY.gov/ADC



MONDAY

TUESDAY








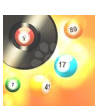




WEDNESDAY

ALTERNATIVE ACTIVITIES	1 BBQ Roast Pork	2 Swedish Meatballs
Jigsaw Puzzles, Crossword Puzzles, Word Search, Arts & Crafts Project, Computer Time, Read the Newspaper, Patio Time, Recliner Relaxation, Music Listening	Small Groups April Fools Jokes Cornhole Toss April Fools Facts 	Penny Ante Name that Currency Penny Toss First USA Mint Opens 
7 Manicotti w/ meat sauce	8 Roast Pork Dijonnaise	9 Beef Stew
Billiards Current Events Words, Words, Words <i>Dance Party</i> <i>with D.J. Bob</i> Zoo Lovers Day 	Small Groups National Beer Day Card Bingo Beer Pong Word Game <i>Snack: Root Beer & Pretzels</i> 	Guess the Picture Let's Reminisces Soccer Crossword  
14 Lasagna Rollups	15 Roast Pork	16 Sloppy Joes
Billiards Passover Traditions Person, Place or Thing Think Fast Finish the Line 	Ladder Game Tax Day Chair Yoga with Sally Who Said That?  	Fact or Fiction? Words Within a Word Cheese Toss Library Week  
21 Stuffed Cabbage	22 Pork Milanese	23 Meat Loaf
Billiards Healthcare Volunteer Week Boston Marathon <i>Long Island Museum:</i> <i>Voices to Vote</i> Teamwork	Memory Colors <i>Earth Day Celebration</i> <i>with Mary Peck</i> Earth Day Craft Bean Bag Darts	Small Groups Name Ten Animal Habitat Bingo Bonanza <i>Happy Birthday Christine M.</i>  
28 Vegetable Lasagna	29 BBQ Roast Pork	30 Swedish Meatballs
Billiards Small Group Programs Misspelled Words Knock the Cans Bingo Bonanza <i>Happy Birthday Antoinette H.</i>  	International Dance Day Buzz Word Bowling You Be the Judge <i>Happy Birthday Harvey F.</i>  	Arts & Crafts Ball Toss Trivia <i>Piano Time with</i> <i>Remy D'Esposito</i> Simon Says 

April 2025

THURSDAY

FRIDAY

3 Roast Turkey	4 Shrimp Scampi									
Billiards Time Slips Laughter at Work Week Bowling Open Mic	Billiards Bingo Bonanza Tell a Lie Day Curling True or False?									
 	 									
10 Chicken Piccata	11 Krab Cakes									
Billiards National Siblings Day Emily Brain Gym Hot Potato Ladder Game	Geo Guess Kangaroo Words Sorry! Who am I?									
	 									
17 Chicken Parmesan	18 Salmon									
Billiards Small Group Programs Garlic Day Music Bingo Garlic Toss	Easter Traditions The Incredible Egg Easter Egg Toss Senior Skits The Easter Bunny Visit									
	 									
24 BBQ Chicken	25 Potato Crusted Cod									
Billiards Members' Council U.S State Hangman Pitch Pipe with Jimmy Horseshoes	National Golf Day DNA Day Golf Tic-Tac-Toe									
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	<p>To receive our Newsletter by email, register at: HuntingtonNY.gov/ADC Click on Notify Me Enter your email and check box for Adult Day Care</p>									

ALTERNATIVE MEALS

Peanut Butter & Jelly
 Cheese Sandwich
 Scrambled Eggs
 Served with vegetable, carbohydrate
 & dessert of the day.

ONGOING

- ♦ Current Events
- ♦ Sittercise
- ♦ Sing-A-Long
- ♦ SGA-Small Group Activity
- ♦ Language Class
- ♦ Brain Gym

Special Events

Monday, 7th@ 1:15

Dance Party with
 D.J. Bob

Friday, 18th

The Easter Bunny Visit

Monday, 21st@ 1:15

Long Island Museum:
 Voices to Vote

Tuesday, 22nd@ 11:00

Earth Day Celebration
 with Mary Peck

Thursday, 24th@ 1:15

Pitch Pipe
 with Jimmy Rosica

Wednesday, 30th@ 1:15

Piano Time with
 Remy D'Esposito

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



Irish Soda Bread Contest

Judges

Town Supervisor Edmund J. Smyth
Councilman Salvatore Ferro, Councilman Dr. Dave Bennardo
Receiver of Taxes Jillian Guthman,
& Jack M., Adult Day Care Member



John B.



Paul S.



Steve N.



Mardi Gras Celebration



Arts & Crafts



Team Spirit



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 2024

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

Pink Membership card is required to participate in any program.

SUPPORT GROUPS	APRIL DATES	PLACE	TIME
Initial Spousal Loss Intake required	12-week series: Wednesday: 2 Wednesday: 9, 16, 30	Room 214 Room 106	1:30 - 3:00 PM
Next Steps Group for those who have lost a spouse Intake required	12-week series: Monday: 7, 21 (joint)	Room 213	1:30 - 2:30 PM
The Road Now Traveled Intake required	Monday: 14, 21 (joint)	Room 213	1:30 - 2:30 PM
Caregiver Support Group	Friday: 11, 18	Room 106	10:30 AM - 12:00 PM
Caregiver Yoga with Sally	Tuesday: 15, 22, 29	Room 106	2:15 - 3:15 PM
Veterans Support Group w/ Ron	Thursday: 17	Library	10:30 - 11:45 AM

INITIAL SPOUSAL LOSS: 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.

NEXT STEPS GROUP FOR THOSE WHO HAVE LOST A SPOUSE: 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.

THE ROAD NOW TRAVELED: is a group for those further along the bereavement journey and are ready to explore discussions related to new roles, routines, and activities. Intake by Laurie Byrne required.

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.

VETERANS SUPPORT GROUP: An intimate group setting whereby participants bond, share and grow. For information contact: Ronald Worrell (631) 351-3253 Ext. 3752 or RWorrell@HuntingtonNY.gov.

SUFFOLK COUNTY OFFICE FOR THE AGING: SENIOR ADVOCATE

Wednesday, April 23 from 8:30 am - 1:30 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!

CLOSED: Easter Sunday, April 20, 2025



Sunday
Noon - 4:45 pm



Monday through Thursday
10:00 am - 3:45 pm

APRIL ACTIVITIES AT THE BEACH HOUSE

ALL ACTIVITIES REQUIRE A TOWN OF HUNTINGTON SENIOR MEMBERSHIP CARD
MEMBERSHIP CARDS FOR PROGRAM AND ACTIVITIES ARE AVAILABLE AT
THE SENIOR BEACH HOUSE OR JOHN J. FLANAGAN SENIOR CENTER

ACTIVITY	DAY	PLACE	TIME
Bridge	Sunday	BH/Large Card Room	12:30 am - 4:15 pm
Pool Sharks (Informal)	Sunday	Cottage	12:30 am - 4:15 pm
Ping Pong	Mon./Tues./Wed.	Cottage	10:00 am - 3:00 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 SENIOR CENTER



CLUB TRIPS - OPEN TO ALL SENIORS

Please see huntingtonny.gov/Senior-Club-Trips for further details on some of the trips below.

FOR ALL TRIPS: Cancellation/No Show/Deposit monies are not refundable unless you find a person who can take your place. Completed Trip Release Form is required to go on any trip.

HILLS CLUB: Contact Bill: billverd2275@yahoo.com or (631) 335-0996 (Mon.- Fri. 10 -5)

Checks Payable to: Huntington Senior Citizens Association Hills Unit
In envelope, along with check, include your telephone number and choice of pick up location:
Either 1018 Pulaski Road, East Northport or 95 Old Country Road, Melville
Mail to: Bill Verdolino, 34 Ross Avenue, Melville, NY 11747

***Culinary Institute of America &
FDR Library/Museum***

Tuesday, June 3, 2025

\$149

Transportation, lunch, tours & all tips. Pay in full on sign up. Only room for 50. Last call April 5. Enjoy a three-course meal at Ristorante Caterina de' Medici. Stop at Apple Pie Bakery Café and/or Bookstore/Gift Shop. After visiting the Culinary Institute of America, there will be a 3-hour stop at the Franklin D. Roosevelt Presidential Library and Museum. Choice of: A) roasted chicken breast with sage, semolina gnocchi, glazed carrots or B) pork scaloppini with asparagus, mushrooms, ham, mozzarella). Must pick meal choice by April 15. **Dietary restrictions** must be discussed on sign up.

***The Music Man at Argyle Theatre
Dinner at Tre Scalini Italian Restaurant***

Wednesday, July 30, 2025

\$169

Transportation, show, dinner & all tips. Pay in full on sign up. Only room for 50. Last call May 1. All tickets are located in the Orchestra, Rows: F, G, H, I. Three-course meal following at Tre Scalini Italian Restaurant, Farmingdale. Beer, wine, soda and dessert included.

***Brotherhood Winery Tour
Lunch at 1839 Restaurant***

Wednesday, August 13, 2025

\$159

Transportation, tour, 5 tastings and lunch at **1839 Restaurant** with beer, wine & soda. Only room for 50. Pay in full on sign up. Menu: Tossed garden salad with fresh baked breads. Choice of: Chicken Piccata or Roasted Salmon. Entrée served with fresh market vegetable and roasted potato. Dessert: fresh baked cookie platters, coffee & tea.

LARKFIELD CLUB:



Broadway comes to Northport at the John W. Engeman Theater... Why not come
"Play" With Us! 250 Main Street, Northport NY 11768



***South Pacific
Footloose***

Saturday, May 17, 2025

@ 2 pm

\$67

Saturday, July 12, 2025

@ 2 pm

\$67

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.

In February, Hands on Huntington welcomed a new Program Director, Beth Del Giudice. Beth is a licensed master social worker (LMSW) with 30 years of experience working with children, adolescents and their families and is excited to now be working with seniors in the local community.



(l-r) Beth, Joyce, Bunny

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

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

Director: Beth Del Giudice, LMSW

Social Worker: Joyce Little, LMSW

Nurse: Bunny Karalitzky, RN MS

Health Chat at Harborfields Public Library

31 Broadway, Greenlawn, NY 11740

Monday, April 7, 2025 ▪ 11:00-11:45 am

Hands on Huntington will be hosting "Introduction to Meditation and Relaxation" in the library's small meeting room. Perfect for both beginners, as well as those with experience in meditation techniques. Open to anyone 60 years or older. Please RSVP to Harborfields Library at 631.757.4200 as space is limited. Blood Pressure Screenings will be available by Bunny Karalitzky, RN, MS.

Advisory Board Meeting

Paumanack Village I & II Community Center

650 Paumanack Village Drive, Greenlawn, NY 11740

Thursday, April 24, 2025 ▪ 11:00 am

This meeting is an excellent opportunity to get to know Hands on Huntington staff and the services we provide to the seniors in the catchment area. There will be a Nutritional Informational Session with our nurse, Bunny Karalitzky, RN, MS. All are welcome. Free Blood Pressure Screenings will be available.

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

Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman



TOWN OF HUNTINGTON

SENIOR CENTER



**ISLAND
HARVEST**
FEEDING AMERICA
Nourishing Long Island's Future

FOOD DISTRIBUTION

3RD THURSDAY OF EVERY MONTH

★ SENIOR CENTER REAR PARKING LOT ★

1:00 PM - 2:00 PM



**ISLAND
HARVEST**

OPERATION:

HOPE



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



**Commodity
Supplemental
Food Program**
a Senior Food Assistance Program



- 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



Edmund J. Smyth
Supervisor

Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman



Our wonderful neighbor, Cinema Arts Centre has graciously extended an invitation to Seniors with a Town of Huntington **Pink Senior ID card** to attend *any matinée first showing* movie, Monday through Friday for a special fee of \$5.00. Most movies will be shown with open captions.

Thank you Cinema Arts for supporting our seniors!

Huntington Residents: Do you need a Helping Hand?

Local youth, ages 14-18, are available for:

Babysitting, Garage Cleanout, Gardening, House Cleaning,
iPhone/Computer Assistance, Yard Work

AND MORE!!!

(please call at least a week in advance to discuss use of services)



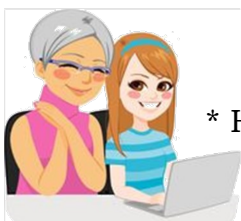
All applicants have completed an
Employment Workshop and have been screened.



Don't Delay! Call Today!

Project Excel (631) 271-5499

* Homeowner is responsible to pay youth for services rendered. *



Project Excel is a part of the Huntington Youth Bureau Youth Development Research Institute, which is a 501 c (3), Not for Profit organization funded through the Town of Huntington, New York State Office of Children and Family Services, The Suffolk County Youth Bureau, The Townwide Fund, BAE Systems, various fundraisers and private donations.

TOWN OF HUNTINGTON SENIOR CENTER



St. Francis Hospital
Community Outreach Program
Mobile Health Van

Flanagan Senior Center
423 Park Avenue, Huntington NY 11743
Wednesday, April 23, 2025
10:00 am—2:00 pm

Screenings include a brief cardiac history, blood pressure, simple blood test for cholesterol and diabetes with appropriate patient education and referrals as needed for adults over 18.



Edmund J. Smyth Dr. Dave Bennardo
Supervisor Councilman

Salvatore Ferro
Councilman

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Eating Right for Older Adults

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine.

The following tips can help you get started on your way to eating right.



Make half your plate fruits and vegetables.

Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you're at risk for low levels of vitamin B12, your doctor may also recommend a supplement.

Limit sodium, saturated fat and added sugars.

Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

Stay well-hydrated

Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

Enjoy your food but be mindful of portion sizes.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

Cook more often at home, where you are in control of what's in your food.

When ordering out, look for dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or save half for later.

Consult a registered dietitian nutritionist if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Sources: U.S. Department of Health and Human Services and Complete Food and Nutrition Guide, 5th edition

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The US Is in an Egg Shortage—Dietitians Share 4 Protein-Packed Foods to Add to Your Breakfast Instead



By: Sarah Garone - Published January 22, 2025

FAST FACTS

- Bird flu has impacted millions of hens in the U.S., leading to a national egg shortage.
- Eggs are a healthy, go-to breakfast packed with tons of nutrients and 6 grams of protein per egg.
- Until eggs return to shelves (at a reasonable price), experts recommended high-protein breakfast alternatives such as greek yogurt and chia seeds.

Eggs are an integral part of many Americans' morning breakfasts—but an egg shortage threatens to temporarily take this go-to protein off many plates.

"The national egg supply has been tight due to Highly Pathogenic Avian Influenza—also known as HPAI, or bird flu—which is devastating to egg farmers," said Marc Dresner, director of communications at the American Egg Board. "In the U.S. we've lost about 40 million laying hens to bird flu."

The U.S. Department of Agriculture, which is tracking outbreaks, noted that there were over 18 million birds affected by bird flu in December, in addition to more than eight million so far in January.

On top of these egg supply concerns, demand is growing, too.

"The volume of eggs sold at retail has been up year-over-year for 21 consecutive months, and we're just coming out of the highest demand season of the year—the winter holidays—when eggs sales increase significantly due to holiday baking and entertaining," Dresner told *Health*.

This one-two punch has been driving up egg prices and leaving shelves empty—a reality you've likely noticed at your local grocery store. Though cost can vary significantly based on location and the type of egg you're purchasing, increases are happening across the board.

"The national average retail price for a dozen regular, conventional eggs as of Dec. 28 was \$3.85, up 31% from October," Dresner shared.

According to the U.S. Bureau of Labor Statistics, the price of eggs in Dec. 2024 was up nearly 37% compared to Dec. 2023.

Though farmers are working diligently to protect their birds, Dresner said, there's no telling when prices may go back down.

Missing Out on Your Morning Protein

It's an unfortunate state of affairs for those who enjoy a morning scramble—dietitians say starting the day with protein is a good idea, and eggs are a healthy choice.

"Protein is essential for muscle repair and building, but your body can only absorb and use about 20 to 30 grams of protein at a time," Anne Danahy, RDN, a registered dietitian and owner of Craving Something Healthy, told *Health*. "It's important to spread it throughout the day, starting with breakfast, rather than trying to get it all in later in the day."

Since eggs supply 6 grams of protein each, a three-egg breakfast (with add-ins like cheese or meat) can easily reach this 20 to 30-gram target.

Besides their high protein content, eggs have several other benefits. They're versatile, low in calories, and highly nutritious, Danahy pointed out. "They have vitamin B12 for healthy red blood cells, vitamin D for bone and immune health, choline for brain health, and two important antioxidants—lutein and zeaxanthin—for eye health," she said.

If you're not able to buy eggs right now—or want to stretch your budget by cutting back on your consumption—there are plenty of alternatives for morning protein. Dietitians recommend the following choices (some of which actually contain more protein than an egg).

Greek Yogurt

One inexpensive breakfast protein that may already be in your fridge is Greek yogurt.

"A 5-ounce container has about 16 grams of protein, plus calcium," Danahy said. Its ample probiotics have also been linked to improvements in gut and immune health.

In the mornings, try adding Greek yogurt to a fruit and nut parfait, or topping it with granola treat.

Protein Powder

When you need a pop of protein on a busy morning, Vanessa King, RDN, spokesperson for the Academy of Nutrition and Dietetics and clinical nutrition manager at Queen's Health System, suggested adding a scoop of protein powder to a smoothie.

"It typically provides around 20 to 30 grams of protein," she told *Health*. "If you add it to dairy milk, it will fetch even more protein."

Tofu

According to Danahy, tofu is another smart swap for eggs. A half cup contains about 9 grams of protein—noticeably more than a single egg.

Tofu also helps start your day with satiating fiber, something eggs won't do. Since most Americans don't get enough fiber, subbing tofu might be a good idea, even outside of an egg shortage.

Even better: this vegan food easily mimics the texture of eggs in breakfast scrambles, burritos, and more. "Crumble firm tofu in a pan and sauté it with onions, mushrooms, spinach, and some dried turmeric for a vegan scrambled egg substitute," Danahy suggested.

Chia Seeds

Nuts and seeds don't always get their due as a source of protein. But chia seeds contain nearly 5 grams of protein per ounce and are tasty fodder for a breakfast pudding. They also come with a serious dose of fiber (nearly 10 grams per ounce).

"Chocolate chia pudding made with regular milk has about 18 grams of protein, plus fiber, omega-3 fats, calcium, and vitamin D," Danahy said.

She recommended mixing 3 heaping tablespoons of chia seeds and 2 tablespoons of cocoa powder into 1 cup of milk, then sweetening with maple syrup or sugar. You can refrigerate the pudding for at least 30 minutes (overnight is a good option, too), and then enjoy it as a protein-packed morning treat.



Easy and Safe Cleaning for Your Home

Learn how to make your own cleaning products and reduce your exposure to harmful chemicals.

Home Cleaning Essentials

White Vinegar or Lemon Juice



Cuts grease and smells fresh.*

* Spraying undiluted vinegar is not recommended if you have asthma.

Plain Liquid Soap



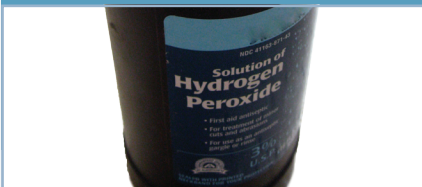
Use soap without fragrances or antibacterials. Castile soap is a good option.

Baking Soda



Cleans and deodorizes, also a good scouring powder.

Hydrogen Peroxide (3% Solution)



Works like a disinfectant.

Microfiber Cloth



Acts like a dirt magnet. Microfiber & water remove 99% of germs.

Scrub Brush or Scrubbing Pad



Removes dirt and grime.

Cleaning Need

All-Purpose Cleaning Solution



Window, Glass, and Mirror



Countertops, Floor & Appliances



Safer Alternatives**

- Mix liquid soap and water (soapy water).
- Mix liquid soap with 1 tbsp. of baking soda, then add juice of one lemon and water.

- Indoors, use plain water and a microfiber cloth.
- Outdoors, add a small amount of plain liquid soap to water if desired.

- Use the all-purpose cleaner above.
- Use plain water and a microfiber cloth.

** When cleaning, either with home recipes or store-bought products, always ventilate the space by opening doors and windows and wear rubber gloves.

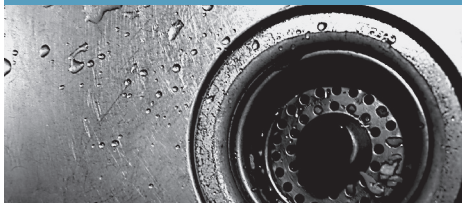


Air Freshener



- Keep home and closets clean and well-ventilated.
- Simmer water with cinnamon sticks, orange peel, or cloves.
- Sprinkle baking soda in bottom of trash can.
- Insert cloves into whole orange.
- Place a bowl of baking soda in refrigerator and replace periodically.

Drain Cleaner



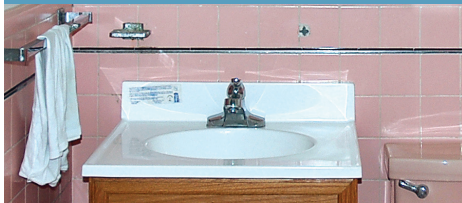
- Pour 1/4 cup baking soda into drain, followed by 1/2 cup vinegar. After 15 minutes, pour 2 quarts boiling water down the drain.

Oven Cleaner



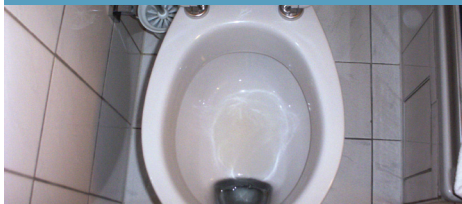
- Use baking soda or a scouring powder that does not contain bleach.
- Make a paste with 1/4 cup baking soda, 2 tbsp. salt, and hot water. Let paste sit for 5 minutes and then use a good scrub brush.

Sink, Tub, and Tile



- Dilute 2-3 tbsp. of liquid soap in water and clean with a good scrub brush.
- Use scouring powder that does not contain bleach.
- Mix hydrogen peroxide (3% solution) with plain liquid soap and baking soda.

Toilet Bowl



- Pour 1/4 cup baking soda into a bowl and sprinkle with vinegar. Let sit for 1/2 hour, then brush.
- Wipe toilet seat and rim with hydrogen peroxide (3% solution) – acts like a disinfectant.

Mold & Mildew Remover



- Let vinegar sit on mold, then clean with soapy water.
- Mix liquid soap, baking soda, and 2 capfuls of hydrogen peroxide (3% solution). Let sit on surface, then clean with soapy water.

Wood Furniture Polish



- Use a microfiber cloth to dust and polish.
- Use a small amount of olive oil on unfinished wood.



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Senior Participation Discount List

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Restrictions May Apply

All Hours Drain and Sewer Services & Plumbing Repairs		Melville	631-505-5060	10% Off Daily
Art League of LI	107 East Deer Park Avenue	Dix Hills	631-462-5400	Senior & Veteran Pricing
Buttercookyy Bakery	495 New York Avenue	Huntington	631-424-4034	10% Off Monday Only
C & C Meats	249 Old Walt Whitman Road	Huntington	631-271-6504	10% Off Tuesdays Only
C Town Supermarket	1662 New York Avenue	Huntington Sta.	631-673-5878	10% Off Wednesday Only
Community Market	108 Depot Road	Huntington Sta.	631-423-0648	10% Off Wednesday Only
Copenhagen Bakery	75 Woodbine Avenue	Northport	631-754-3256	20% Off Monday Only
Country Bagels	361 Route 25A	Northport	631-261-7821	1/2 Off 6 Bagels/Limit 6
Craft Shoes	6149 Jericho Turnpike	Commack	631-499-5773	20% Off Excl. Sale Items
Dunkin	15 Southdown Road	Huntington	631-424-0647	5% Off Daily
Dunkin	200 East Main Street	Huntington	631-935-0031	5% Off Daily
Dunkin	838 New York Avenue	Huntington	631-421-2010	5% Off Daily
Eyewear by Patrice	829 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	5% In House Dining Only
Golden Globe Diner	365 West Main Street	Huntington	631-351-9680	10% Off Daily
Greenlawn Hardware	83 Broadway	Greenlawn	631-261-0119	10% off (Limitations Apply)
Huntington Dental	1 Schwab Road	Melville	631-673-1862	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	631-368-1661	5% Off Tuesdays Only
IHOP	259 Old Walt Whitman Road	Huntington Sta.	631-423-8760	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	631-385-4444	10% Off Daily
Melville Deli	90 Broadhollow Road	Melville	631-351-9338	10% Off Daily
Mo's Bagels	75 Broadway	Greenlawn	631-754-2667	10% Off Monday - Friday
Mo's Bagels	707 Fort Salonga Road	Northport	631-754-6182	10% Off Monday - Friday
Moss Opticians	345 Main Street	Huntington	631-421-4211	10% Off Daily 65 & Older
Mozzarella's Pizza	1937 Jericho Turnpike	East Northport	631-462-0600	10% Off/\$15 Minimum
Mr. Handyman	514 Larkfield Road	East Northport	631-509-3539	5% Off Labor
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)
Spuntino	687 Old Country Road	Dix Hills	631-547-9300	10% Off Not Combinable
The Shipwreck Diner	46 Main Street	Northport	631-754-1797	10% Off Daily
Town Drugs	517A Larkfield Road	East Northport	631-266-3999	10% Off Excl. Prescriptions
Uncle Giuseppe's	890 Walt Whitman Road	Melville	631-683-5900	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
Vibrant Light Acupuncture & Massage	181 Main Street, Suite 109	Huntington	516-353-2341	30% Off Acupuncture
Vision World	699 Old Country Road	Dix Hills	631-271-3520	20% Off Daily

TOWN OF HUNTINGTON

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