



# TOWN OF HUNTINGTON

## Home Delivered Meals

### April 2025



**NUTRITION ■ WELLNESS ■ SUPPORT SERVICES**

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 9<sup>th</sup> 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,

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](mailto: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

<b>Senior Center Manager</b> <i>Geri VanDyke</i>	(631) 351-3253
<b>Adult Day Care</b> <i>Rachel Michaelis, Program Supervisor</i>	(631) 351-3293
<b>Community Dev., Senior Housing</b> <i>Heather Warringer</i>	(631) 351-2881
<b>EISEP, Volunteers, Senior Clubs, Beach House</b> <i>Maria Soskel, Coordinator</i>	(631) 351-3253
<b>Hands on Huntington</b> <i>Beth Del Giudice, LMSW, Director</i>	(631) 351-6610
<b>Home Delivered Meals</b> <i>Rose Ramirez, Program Supervisor</i>	(631) 446-3783
<b>Senior Center</b> <i>Michele Foulke, Senior Advocate</i>	(631) 446-3702
<b>Home Maintenance/Repair Program</b>	 <b>Direct Line</b> (631) 446-3721
<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

*Maureen Strein, Chairperson*

**SENIOR CENTER 423 Park Avenue, Huntington NY 11743**

**Monday - Friday 8:30 AM - 4:30 PM**

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

**(631) 351-3253**

**[www.TOHSeniors.com](http://www.TOHSeniors.com)**

# TOWN OF HUNTINGTON HOME DELIVERED MEALS A P R I L 2 0 2 5



**NUTRITION. WELLNESS. SUPPORT SERVICES**

## APRIL FUN FACTS

BIRTH STONE



DIAMOND

BIRTH FLOWER



DAISY

STAR SIGNS



ARIES & TAURUS



**Edmund J. Smyth**  
Supervisor

Dr. Dave Bennardo  
Councilman

Salvatore Ferro  
Councilman

Brooke A. Lupinacci  
Councilwoman

Theresa Mari  
Councilwoman

# The Month Of April

## Personality

People born in April are very brave and courageous. You will find them very outgoing and of strong attitude. It is their courage which derives them for better prospects in life. They also have a huge passion for food, science, books, and they're really passionate about what they do.

## Did you know...?

- April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open."
- The name Aprilis, then, fits April, because in so many places in the northern hemisphere April is the month when trees and flowers begin to bloom and go on to flower.
- The Elizabethan playwright William Shakespeare was another April genius, born on April 23, 1564, and died on or about his April birthday at the age of 52 in England in 1616.

## Special Days



**01 APRIL**

April Fools Day



**07 APRIL**

World  
Health Day



**15 APRIL**

World Art Day

## Famous April Birthdays

Leonardo da Vinci, William Shakespeare, Al Pacino, David Letterman, Alec Baldwin, Jessica Alba, Eddie Murphy, Mandy Moore, Penélope Cruz, William Wordsworth, Charlie Chaplin, David Oyelowo, Michael Fassbender, Robert Downey Jr., Pharrell Williams, Jackie Chan, Paul Rudd, America Ferrera, Jack Nicholson, Dev Patel.





- APRIL
- ARBOR DAY
- ARIES
- BASEBALL
- BLOSSOMS
- DAFFODIL
- DAISY
- DIAMOND
- EARTH DAY
- EASTER
- FOOL'S DAY
- GARDENING
- GREEN
- KITE
- POETRY
- RAIN
- RENEWAL
- SHOWERS
- SPRING
- SPROUTS
- SUNSHINE
- TAURUS
- TAXES
- THAW
- TULIPS
- UMBRELLA
- WINDY

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



# APRIL

Meals subject to change



**M O N D A Y**

**T U E S D A Y**

**W E D N E S D A Y**

WEEK OF MONDAY, APRIL 7, 2025

**CHOP STEAK WITH  
CARMELIZED ONIONS**

**ROAST CHICKEN WITH  
GRAVY**

**BEEF STROGANOFF WITH  
MUSHROOMS  
AND ONIONS**

WEEK OF MONDAY, APRIL 14, 2025

**CURRIED CHICKEN**

**CLASSIC LASAGNA  
WITH GROUND BEEF,  
RICOTTA  
AND MOZZARELLA**

**STUFFED PEPPER**

WEEK OF MONDAY, APRIL 21, 2025

**SALISBURY STEAK WITH  
SAUTÉED ONIONS,  
MUSHROOMS AND GRAVY**

**TURKEY TETRAZZINI  
WITH BROCCOLI AND  
MUSHROOM SAUCE**

**CHICKEN FRANCAISE  
WITH LEMON AND WHITE  
WINE SERVED OVER RICE**

WEEK OF MONDAY, APRIL 28, 2025

**CHICKEN PARMIGIANA**

**CHILI CON CARNE**

**BREADED CHICKEN WITH  
GRAVY**

## TOWN OF HUNTINGTON HOME DELIVERED MEALS PROGRAM

423 Park Avenue  
Huntington, New York 11743



### T H U R S D A Y

### F R I D A Y

**CHICKEN PICATTA WITH  
LEMON AND WHITE WINE  
SAUCE**

**BROCCOLI AND CHEDDAR  
QUICHE**

**TENDER BBQ PULLED  
PORK**

**SWEET AND SOUR  
CHICKEN STIR FRY  
VEGETABLES**

**BREADED CHICKEN  
BREAST WITH GRAVY**

**FLOUNDER STUFFED  
WITH SPINACH AND  
SCAMPI SAUCE**

**TORTELLINI WITH PESTO,  
OLIVE OIL AND DICED  
PLUM TOMATOES**

**PORK SHOULDER WITH  
BRAISED SAUERKRAUT  
AND ONIONS**

## REHEATING INSTRUCTIONS:

*\*HEAT FROM THAWED FOR BEST RESULTS\**

### MICROWAVE

- Peel back lid or make a slit in each section of the tray.
- Start by heating for one minute, either mix or flip depending on the meal, then heat in 30 second intervals as needed.

*Heating times may vary, adjust accordingly.*

### OVEN

- Place meal in an oven safe dish and reheat in a conventional oven at 350 degrees until internal temperature reaches 165 degrees.

**\*\*DO NOT USE A TOASTER OVEN or AIR FRYER TO REHEAT YOUR MEAL\*\***

- Frozen meals are to be used within 90 days of date prepared.
- Defrosted meals must be used within 5 days of defrost.

## INSTRUCCIONES DE RECALENTAMIENTO:

*\*CALIENTE DESCONGELADO PARA MEJORES RESULTADOS\**

### MICROONDA

- Despegue la tapa trasera o haga una hendidura en cada sección de la bandeja.
- Comience calentando durante un minuto, mezcle o voltee según la comida, luego caliente en intervalos de 30 segundos según sea necesario.

*Los tiempos de calentamiento pueden variar, ajuste en consecuencia.*

### HORNO

- Coloque la comida en un plato apto para horno y vuelva a calentar en un horno convencional a 350 grados hasta que la temperatura interna alcance los 165 grados.

**\*\*NO USE UN HORNO TOSTADOR o FREIDORA DE AIRE PARA RECALENTAR SU COMIDA\*\***

- Las comidas congeladas deben usarse dentro de los 90 días de la fecha preparada.
- Las comidas descongeladas deben usarse dentro de los 5 días posteriores a la descongelación.



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

**Five (5) frozen meals will be delivered on Tuesdays, Wednesdays or Thursdays**

**The ready to eat meals are prepared by Florian Food Service Inc. 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 Rose Ramirez at (631) 446-3783.**

### **REHEATING INSTRUCTIONS:**

**\*HEAT FROM THAWED FOR BEST RESULTS\***

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DEPARTMENT OF HUMAN SERVICES  
KEVIN THORBOURNE, DIRECTOR  
[KThorbourne@HuntingtonNY.gov](mailto:KThorbourne@HuntingtonNY.gov)



SENIOR CITIZENS DIVISION  
JULIA FRANGIONE, DIRECTOR  
[JFrangione@HuntingtonNY.gov](mailto:JFrangione@HuntingtonNY.gov)  
  
HOME DELIVERED MEALS  
ROSE RAMIREZ, SUPERVISOR  
[RRamirez@HuntingtonNY.gov](mailto:RRamirez@HuntingtonNY.gov)

2025

Dear Home Delivered Meal Recipient:

The Town of Huntington is pleased to offer a nutritious meal for Huntington and Suffolk County residents over the age of sixty.

The Nutrition Center is sponsored by the Town of Huntington with funding provided by the U.S. 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 \$13.86. For 2025, income at 185% of the Federal Poverty Level is \$28,952.50 for a household of one, and \$39,127.50 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,

*Roseangelli Ramirez*

Roseangelli Ramirez,  
Senior Citizen Program Supervisor

Home Delivered Meals  
Senior Division  
Human Services Department





**TOWN OF HUNTINGTON**  
**SENIOR CITIZENS NUTRITION PROGRAM**  
**HOME-DELIVERED MEAL SERVICE**  
**631-446-3783**

Client information-Frozen Meals

1. Weekly Home Delivered Frozen Meals Are Available.
2. Our Meals Are Delivered From 10:30 am to 12:30 pm On Your Designated Delivery Day, Not on Holidays, Saturday Or Sunday.
3. **We Encourage All Our Participants to Try Our Meal Program for at Least One Month Before Deciding to Discontinue.**
4. Our Meals Are Delivered Frozen. **They Must Be Refrigerated (41 Degrees Or Lower) Immediately.** Re-Heat Thawed Food Items In A Microwave Oven For Best Results. Eat Hot Food Hot And Eat Cold Food Cold. If The Food Does Not Taste Right –DO NOT EAT IT!
5. **You Must Be At Home To Receive These Meals.**
6. **We Love Pets, But Please Make Sure They Are Secured Before The Delivery Driver Gets To Your Door.**
7. **If You Will Not Be At Home, Please Call By Thursday the Week Before Your Delivery By 10:00 am (631) 446-3783**
8. **If For Any Reason You Do Not Answer The Door For The Meal, Your Emergency Contact Will Be Notified.** If We Are Unable To Reach Emergency Contact, We Will Check With Your Physician And Local Hospitals To See If You Have Been Admitted To The Hospital. If Not, We Will Call The Suffolk County Police, Who Are Authorized To Gain Admission To Your Home To Make Certain You Have Not Had An Accident Or Become Ill. **We Are Not Able To Assume You Are All Right.**
9. **We Will Inform You By Phone** In An Emergency, If We Cannot Deliver Meals. Please Keep Food On Hand For The Holidays Saturdays, Sundays, and emergencies.
10. Suggested Voluntary And Anonymous Contribution Of \$3.00 Is Suggested For Each Meal. A Small Brown Envelope For A Contribution Will Distributed Monthly And Upon Request. Contributions Can Be Given To The Delivery Driver In Cash Or A Check Made Out To “Town of Huntington”.
11. There May Be A Waiting List For Our Home Delivered Meals Program.

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.

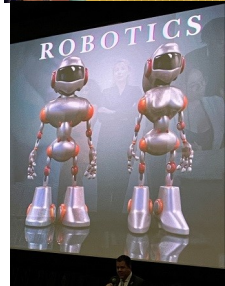




# WOMEN IN TECHNOLOGY

EDUCATING AND INSPIRING GENERATIONS

ARTIFICIAL INTELLIGENCE  
ROBOTICS  
SCIENCE - TECHNOLOGY - ENGINEERING - MATHEMATICS

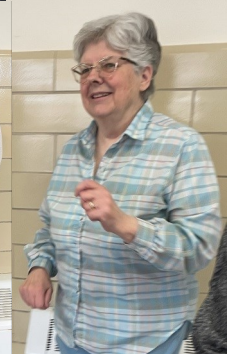
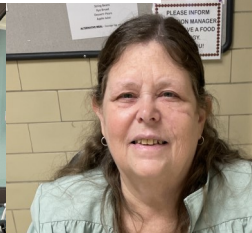
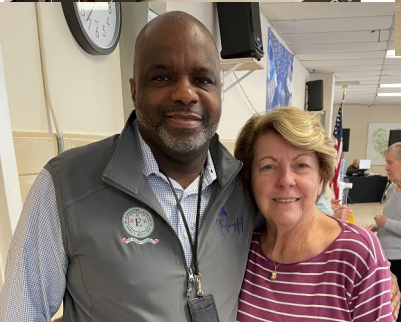




*Thanks Councilman Dr. Bennardo  
The zeppoles were great!*



*Spring Fling with DJ Bob*





# Senior Center's 51st Anniversary





# St. Patrick's Day at the Senior Center







# 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

# 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**  
Supervisor

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Councilman

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Councilwoman

Theresa Mari  
Councilwoman

# 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
<b>Initial Spousal Loss</b> Intake required	<b>12-week series:</b> Wednesday: 2 Wednesday: 9, 16, 30	Room 214 Room 106	1:30 - 3:00 PM
<b>Next Steps Group for those who have lost a spouse</b> Intake required	<b>12-week series:</b> Monday: 7, 21 (joint)	Room 213	1:30 - 2:30 PM
<b>The Road Now Traveled</b> Intake required	Monday: 14, 21 (joint)	Room 213	1:30 - 2:30 PM
<b>Caregiver Support Group</b>	Friday: 11, 18	Room 106	10:30 AM - 12:00 PM
<b>Caregiver Yoga with Sally</b>	Tuesday: 15, 22, 29	Room 106	2:15 - 3:15 PM
<b>Veterans Support Group w/ Ron</b>	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.**





# HUNTINGTON 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 ADULT DAY CARE CENTER

423 PARK AVENUE, HUNTINGTON, NY 11743 (631) 351-3293

[HuntingtonNY.gov/ADC](http://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

Dr. Dave Bennardo  
Councilman

Salvatore Ferro  
Councilman

Brooke A. Lupinacci  
Councilwoman

Theresa Mari  
Councilwoman

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













# TOWN OF HUNTINGTON

## HOME MAINTENANCE/REPAIR PROGRAM



The Home Maintenance/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. For more information please call: (631) 446-3721.

### MINOR REPAIRS & SERVICES

-  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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# 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

# 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



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# TOWN OF HUNTINGTON

## SENIOR CLUBS - WE WELCOME NEW MEMBERS

### APRIL 2025 SCHEDULE



TUESDAY CLUBS	WEDNESDAY CLUBS	THURSDAY CLUBS	FRIDAY CLUBS
<b>Greenlawn</b> <b>Paumanack Village I &amp; II</b> <b>650 Paumanack Village Dr., Greenlawn</b> <b>10:30 am - 1:30 pm</b> 01: Name That Tune 08: Left, Right, Center Game 15: Geography 22: Speaker: Mary D'Agostino 29: Bingo	<b>Laurel</b> <b>Senior Beach House</b> <b>239 Little Neck Road, Centerport</b> <b>10:30 am - 1:30 pm</b> 02: Exec. Board Meeting, Bingo 09: Chair Exercise 16: Installations 23: Games 30: Cardio Drumming	<b>Harborfields</b> <b>Paumanack Village III &amp; IV</b> <b>150 Duncan Elder Drive, Greenlawn</b> <b>10:30 am - 1:00 pm</b> 03: Excel - Games with Kristin 10: Bingo and Pizza 17: Easter Luncheon 24: 50's, 60's and 70's Trivia	<b>Larkfield</b> <b>Union United Methodist Church</b> <b>1018 Pulaski Road, East Northport</b> <b>10:30 am - 1:30 pm</b> 04: Exec. Board Mtg, Bingo 11: Games 18: Surprise 25: Installations at Intermezzo
<b>Nathan Hale</b> <b>Harborfields Library</b> <b>31 Broadway, Greenlawn</b> <b>10:00 am - 1:30 pm</b> 01: Executive Board Meeting, Bingo 08: In house Installation with Celebration Cake 15: Easter theme Price is Right Game 22: Mad Hatters Tea Party 29: Horse Racing Game	<b>Melville</b> <b>Presbyterian Church of Sweet Hollow</b> <b>95 Old Country Road, Melville</b> <b>10:00 am - 1:30 pm</b> 02: Exec. Board Meeting, Bingo, Birthdays 09: Left, Right, Center Game 16: Harmonica Breathing Exercises and snacks 23: Installation Luncheon @ Main Event, Farmingdale 30: Kentucky Derby Tea Party	<b>Hills</b> <b>Presbyterian Church of Sweet Hollow</b> <b>95 Old Country Road, Melville</b> <b>10:30 am - 1:30 pm</b> 03: Exec. Board Meeting, Bingo 10: Left, Right, Center Game 17: Excel Games with Kristin 24: Installations In House	<b>Wolf Hill</b> <b>Presbyterian Church of Sweet Hollow</b> <b>95 Old Country Road, Melville</b> <b>10:00 am - 1:30 pm</b> 04: Exec. Board Meeting, Bingo, Birthdays 11: Installation Luncheon at Piccola Bussola Ristorante 18: No Meeting 25: Big Bucks Geronimo
		<b>Whitman Village</b> <b>160 Lowndes Ave. A, Hunt. Station</b> <b>10:30 am - 1:30 pm</b> 03: Installation Luncheon 10: Pass the Penny presented by Excel 17: Annual Easter Party 24: Exec. Board Meeting, Bingo, Birthdays	

**BOARD OF DIRECTORS MEETING: WEDNESDAY, APRIL 9 • 9:30 - 11:00 AM • SENIOR CENTER**

**FOR ADDITIONAL CLUB INFORMATION, CONTACT: MARIA SOSKEL, CLUB COORDINATOR • [MSOSKEL@HUNTINGTONNY.GOV](mailto:MSOSKEL@HUNTINGTONNY.GOV)**

You may visit any club twice before deciding on the club you wish to join! Perhaps you want to socialize, learn about current issues and resources, or take a trip with others. Maybe you just want to have fun. Look no more!



# TOWN OF HUNTINGTON SENIOR CENTER



## CLUB TRIPS - OPEN TO ALL SENIORS

Please see [huntingtonny.gov/Senior-Club-Trips](http://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](mailto: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**





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)



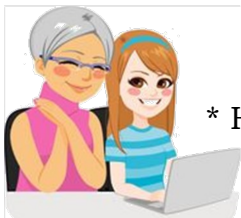
All applicants have completed an  
Employment Workshop and have been screened.



**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.



# Eat Right

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

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## 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.

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**For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit [eatright.org](https://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:

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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

©Academy of Nutrition and Dietetics. Reproduction of this tip sheet is permitted for educational purposes. Reproduction for sales purposes is not authorized.

# 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



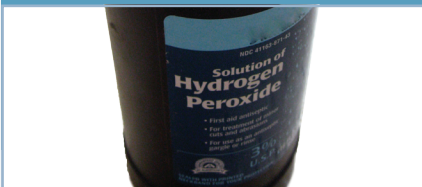
Use soap without fragrances or antibacterials. Castile soap is a good option.

#### 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.



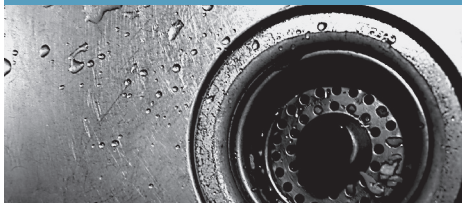


### Air Freshener



- 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



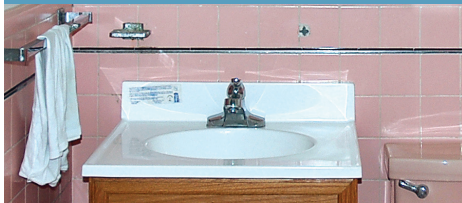
- Pour 1/4 cup baking soda into drain, followed by 1/2 cup vinegar. After 15 minutes, pour 2 quarts boiling water down the drain.

### Oven Cleaner



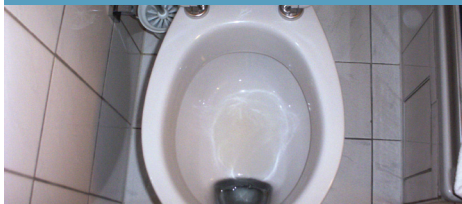
- Use baking soda or a scouring powder that does not contain bleach.
- Make a paste with 1/4 cup baking soda, 2 tbsp. salt, and hot water. Let paste sit for 5 minutes and then use a good scrub brush.

### 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.



**SF Environment**  
Our home. Our city. Our planet.  
A Department of the City and County of San Francisco

Easy & Safe Cleaning for Your Home  
SFEnvironment.org • (415) 355-3700



# Senior Participation Discount List

Contact Merchant for Individual Discounts

Restrictions May Apply

<b>All Hours Drain and Sewer Services &amp; Plumbing Repairs</b>		Melville	631-505-5060	10% Off Daily
<b>Art League of LI</b>	107 East Deer Park Avenue	Dix Hills	631-462-5400	Senior & Veteran Pricing
<b>Buttercookery Bakery</b>	495 New York Avenue	Huntington	631-424-4034	10% Off Monday Only
<b>C &amp; C Meats</b>	249 Old Walt Whitman Road	Huntington	631-271-6504	10% Off Tuesdays Only
<b>C Town Supermarket</b>	1662 New York Avenue	Huntington Sta.	631-673-5878	10% Off Wednesday Only
<b>Community Market</b>	108 Depot Road	Huntington Sta.	631-423-0648	10% Off Wednesday Only
<b>Copenhagen Bakery</b>	75 Woodbine Avenue	Northport	631-754-3256	20% Off Monday Only
<b>Country Bagels</b>	361 Route 25A	Northport	631-261-7821	1/2 Off 6 Bagels/Limit 6
<b>Craft Shoes</b>	6149 Jericho Turnpike	Commack	631-499-5773	20% Off Excl. Sale Items
<b>Dunkin</b>	15 Southdown Road	Huntington	631-424-0647	5% Off Daily
<b>Dunkin</b>	200 East Main Street	Huntington	631-935-0031	5% Off Daily
<b>Dunkin</b>	838 New York Avenue	Huntington	631-421-2010	5% Off Daily
<b>Eyewear by Patrice</b>	829 Fort Salonga Road	Northport	631-757-3937	20% Off Daily
<b>Family Care Pharmacy</b>	33 Walt Whitman Road	Huntington Sta.	631-350-6400	10% Off (Limitations Apply)
<b>Filletto's Pizza</b>	297 Clay Pitts Road	East Northport	631-266-3700	5% In House Dining Only
<b>Golden Globe Diner</b>	365 West Main Street	Huntington	631-351-9680	10% Off Daily
<b>Greenlawn Hardware</b>	83 Broadway	Greenlawn	631-261-0119	10% off (Limitations Apply)
<b>Huntington Dental</b>	1 Schwab Road	Melville	631-673-1862	20% Off Daily
<b>Huntington Food Plaza</b>	2035 New York Avenue	Huntington Sta.	631-271-3700	10% Off Wednesday Only
<b>IGA</b>	301 Clay Pitts Road	East Northport	631-368-1661	5% Off Tuesdays Only
<b>IHOP</b>	259 Old Walt Whitman Road	Huntington Sta.	631-423-8760	10% Off Reg. Price Menu
<b>Jones Drug Store</b>	100 Main Street	Northport	631-261-7070	10% Off (Limitations Apply)
<b>Jonny D's Pizza</b>	946 New York Avenue	Huntington	631-385-4444	10% Off Daily
<b>Melville Deli</b>	90 Broadhollow Road	Melville	631-351-9338	10% Off Daily
<b>Mo's Bagels</b>	75 Broadway	Greenlawn	631-754-2667	10% Off Monday - Friday
<b>Mo's Bagels</b>	707 Fort Salonga Road	Northport	631-754-6182	10% Off Monday - Friday
<b>Moss Opticians</b>	345 Main Street	Huntington	631-421-4211	10% Off Daily 65 & Older
<b>Mozzarella's Pizza</b>	1937 Jericho Turnpike	East Northport	631-462-0600	10% Off/\$15 Minimum
<b>Mr. Handyman</b>	514 Larkfield Road	East Northport	631-509-3539	5% Off Labor
<b>North Shore Pharmacy</b>	25 Southdown Road	Huntington	631-427-6262	10% Off Excl. Prescriptions
<b>110 Pharmacy</b>	459 Walt Whitman Road	Melville	631-421-5454	10% Off (Limitations Apply)
<b>Spuntino</b>	687 Old Country Road	Dix Hills	631-547-9300	10% Off Not Combinable
<b>The Shipwreck Diner</b>	46 Main Street	Northport	631-754-1797	10% Off Daily
<b>Town Drugs</b>	517A Larkfield Road	East Northport	631-266-3999	10% Off Excl. Prescriptions
<b>Uncle Giuseppe's</b>	890 Walt Whitman Road	Melville	631-683-5900	5% Off Wednesday Only
<b>Value Drugs</b>	106 Broadway	Greenlawn	631-754-0532	10% Off Wednesday Only
<b>Value Drugs</b>	349 New York Avenue	Huntington	631-427-2919	10% Off Wednesday Only
<b>Vibrant Light Acupuncture &amp; Massage</b>	181 Main Street, Suite 109	Huntington	516-353-2341	30% Off Acupuncture
<b>Vision World</b>	699 Old Country Road	Dix Hills	631-271-3520	20% Off Daily

# TOWN OF HUNTINGTON

## TOWN OF HUNTINGTON



**Edmund J. Smyth, Supervisor**

Dr. Dave Bennardo, Councilman

Salvatore Ferro, Councilman

Brooke A. Lupinacci, Councilwoman

Theresa Mari, Councilwoman

## DEPARTMENT OF HUMAN SERVICES

Kevin Thorbourne, Director

423 Park Avenue, Huntington

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## SENIOR CITIZENS DIVISION

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