

# 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