



TOWN OF HUNTINGTON CALLING ALL SENIORS MAY 2024

Dining Room Open 11:00 am - 2:00 pm
Registration: 11:00 am - 12:30 pm
NEW MEMBERS WELCOME!



AT THE SENIOR CENTER - CLOSED MAY 27



Town of Huntington Opioid & Addiction Task Force Presents:
Alternatives to Opioids for Acute and Chronic Pain
Thursday, May 2 ▪ 1:15 pm

Senior Senior Prom in the Gymnasium (see flyer)
Thursday, May 9 ▪ 12:00 - 3:00 pm



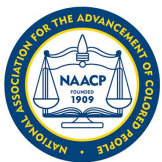
Senior Recognition Gala in the Gymnasium (see flyer)
Wednesday, May 15 ▪ 12:00 - 4:00 pm

Asian Pacific American Heritage Month Event (see flyer)
Monday, May 20 ▪ 1:30 - 4:00 pm @ Cinema Arts Centre

Pet Photo Contest (see flyer)
Tuesday, May 21 ▪ 1:00 pm



Memorial Day Recognition
Wednesday, May 22 ▪ 11:00 - 2:00 pm
Color Guard, Guest Speaker and DJ Bob



Health Event
Wednesday, May 29 ▪ 10:00 am - 3:00 pm
NAACP / Northwell Health / Island Better Hearing



AT THE SENIOR BEACH HOUSE – CLOSED MAY 27
Spring Hours: Sunday Noon-4:30; Monday-Thursday 10:00-3:45
Complimentary Mother's Day Snack, May 12



Edmund J. Smyth
Supervisor

Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman

Town Board Meeting: Tuesday, May 7, 2024 @ 2:00 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) 446-3732

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, Asst. 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>Sarah Sussman, LMSW, Director</i>	(631) 351-6610
Home Delivered Meals <i>Rose Ramirez, Senior Citizen Aide</i>	(631) 446-3783
Senior Center <i>Michele Foulke, Senior Advocate</i>	(631) 446-3783
Residential Repair <i>Lou Horne, Coordinator</i>	NEW! 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



Please note three dates in May when gym will be utilized for special large events, moving regular scheduled activities to other room locations with modified class sizes.

Monday, May 6	Blood Drive in Gymnasium
Thursday, May 9	Senior Senior Prom
Wednesday, May 15	Senior Recognition Gala

New Procedure to Register for Programs/Activities

No more calling in on the Friday prior

Must have current Town of Huntington senior pink registration card to participate in our activities and programs. We will do our very best to accommodate all; however, there may be times when classes are at full capacity.

May 2024

Meals subject to change

HUNTINGTON SENIOR NUTRITION CENTER

423 Park Avenue, Huntington ~ Lunch Served • Noon - 1:15 pm
 \$3 Suggested Voluntary Anonymous Contribution
Please Note: There is always an optional alternate meal.

MONDAY

TUESDAY

WEDNESDAY

PLEASE NOTE: All classes and events are open to Town of Huntington Senior Residents with Membership Cards. Get your membership card in the Senior Center's Front Office.

1 Swedish Meatballs

10:00 Knitting and Crocheting
 10:00 Pool Sharks
 11:00 Exercise for Energy
 11:00 - 1:00 **Shed the Meds**
 1:30 Bingo
 1:30 Widow & Widowers Support Group



6 Rigatoni Puttanesca

10:00 Arthritis Exercise I
 10:00 Informal Canasta
 11:00 **May Birthdays of the Month**
 11:00 Pool Sharks
 11:05 Arthritis Exercise II
 12:30 Card Playing/
 Instructional Chinese Mahjong
 1:30 Next Step Widow & Widowers Support Group
 2:00 Zumba



7 Sweet & Sour Pork

9:30 Fitness Training
 10:00 Pool Sharks
 10:45 Tai Chi Intermediate
 11:35 Tai Chi Beginner
 12:30 **Piano Music with Charles**
 12:30 Canasta - Hand, Knee, Foot Instruction
 2:15 Caregiver Yoga

8 Meatloaf

9:30 **Board of Directors Meeting**
 10:00 Knitting and Crocheting
 10:00 Pool Sharks
 1:30 Bingo
 1:30 Widow & Widowers Support Group

13 Chicken Pappagallo

10:00 Arthritis Exercise I
 10:00 Informal Canasta
 11:00 Pool Sharks
 11:05 Arthritis Exercise II
 12:30 **Music with Janice Buckner**
 12:30 Card Playing/
 Instructional Chinese Mahjong
 1:30 Next Step Widow & Widowers Support Group
 2:00 Social Dance



14 Pork Goulash

9:30 Fitness Training
 10:00-12:30 **RSVP: HHCAP Counseling Sessions**
 10:00 Pool Sharks
 10:45 Tai Chi Intermediate
 11:35 Tai Chi Beginner
 12:30 Canasta - Hand, Knee, Foot Instruction
 2:15 Caregiver Yoga

15 Beef Tacos

8:30 **Suffolk County Office for the Aging: Senior Advocate Appointments**
 9:45 Gentle Bends
 10:00 Knitting and Crocheting
 10:00 Pool Sharks
 1:30 Bingo
 1:30 Widow & Widowers Support Group
12:00 - 4:00 pm
SENIOR RECOGNITION GALA
 Gym (Ticket Holders only)



20 Manicotti

10:00 Arthritis Exercise I
 10:00 Informal Canasta
 11:00 Pool Sharks
 11:05 Arthritis Exercise II
 12:30 Card Playing/
 Instructional Chinese Mahjong
 1:30 **Asian Pacific American Heritage Event at Cinema Arts Centre**
 1:30 Next Step Widow & Widowers Support Group
 2:00 Zumba

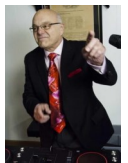
21 Pork Cubana Sandwich

9:30 Fitness Training
 10:00 Pool Sharks
 10:45 Tai Chi Intermediate
 11:35 Tai Chi Beginner
 12:30 Canasta - Hand, Knee, Foot Instruction
 1:00 **Pet Photo Contest**
 2:15 Caregiver Yoga



22 Cold Roast Beef Platter

9:45 Gentle Bends
 10:00 Knitting and Crocheting
 10:00 Pool Sharks
 11:00 Exercise for Energy
 11:00-2:00 **Memorial Day Recognition With DJ Bob**
 1:30 Bingo
 1:30 Widow & Widowers Support Group



27 CLOSED - Holiday



28 Pork Milanese

9:30 Fitness Training
 10:00 Pool Sharks
 10:45 Tai Chi Intermediate
 11:35 Tai Chi Beginner
 12:30 **Piano Music with Remy**
 12:30 Canasta - Hand, Knee, Foot Instruction
 2:15 Caregiver Yoga

29 Swedish Meatballs

9:45 Gentle Bends
 10:00 **Health Fair: Northwell Health Van & Island Better Hearing**
 10:00 Knitting and Crocheting
 10:00 Pool Sharks
 11:00 Exercise for Energy
 1:30 Bingo
 1:30 Widow & Widowers Support Group



- The Older Americans Act of 2006, encourages a suggested voluntary anonymous contribution equal to the actual cost of the service for participants with self-declared incomes at or above 185% of the federal poverty level. For 2024, 185% of the federal poverty level is \$27,861 for a household of one, and \$37,814 for a household of two.
- 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.

THURSDAY

FRIDAY

2 Roast Turkey

10:00 Fitness Exercise I
 10:00 Instructional Mahjong & Free Play
 11:00 Pool Sharks
 11:05 Fitness Exercise II
 1:00 Duplicate Bridge
 1:15 **Alternatives to Opioids for Acute and Chronic Pain**

9 Chicken Parmesan

10:00 Fitness Exercise I
 10:00 **Site Council Meeting**
 10:00 Instructional Mahjong & Free Play
 11:00 Pool Sharks
 11:05 Fitness Exercise II
 1:00 Duplicate Bridge



12:00 - 3:00
SENIOR SENIOR PROM - GYM



16 Chef Salad

10:00 Fitness Exercise I
 10:00 Instructional Mahjong & Free Play
 11:00 Pool Sharks
 10:30 **Veteran's Support Group**
 11:05 Fitness Exercise II
 1:00 Duplicate Bridge
 1:00 **Operation Hope • Commodity Supplemental Food Program Distribution**
 1:30 Engineer's Group

23 Chicken Piccata

10:00 Fitness Exercise I
 10:00 Instructional Mahjong & Free Play
 11:00 Pool Sharks
 10:50 Fitness Exercise II
 1:00 Duplicate Bridge

30 Roast Turkey

10:00 Fitness Exercise I
 10:00 Instructional Mahjong & Free Play
 11:00 Pool Sharks
 11:05 Fitness Exercise II
 1:00 Duplicate Bridge

3 Krab Cakes

10:00 Cardio Drumming
 10:30 Caregiver Support Group
 10:30 Pool Tournament
 11:05 Chair Yoga
 1:00 Intermediate Bridge
 1:30 **Poetry Out Loud**

10 Potato Crusted Cod

Mother's Day Dessert

10:30 Pool Tournament
 11:05 Chair Yoga
 11:30 - 1:00 **Caption Phone**
 1:00 Intermediate Bridge

17 Herb Crusted Cod

9:30 **AARP Smart Driving**
 10:30 Caregiver Support Group
 10:30 Pool Tournament
 11:05 Chair Yoga
 1:00 Intermediate Bridge



24 Seafood Newburg

10:30 Pool Tournament
 1:00 Intermediate Bridge
 2:00 **Senior \$5 Special Movie at Cinema Arts Centre**



31 Krab Cakes

10:00 TheraBand
 10:30 Caregiver Support Group
 10:30 Pool Tournament
 11:05 Chair Yoga
 1:00 Intermediate Bridge

Events



Alternatives to Opioids for Acute and Chronic Pain

Tuesday, May 2 • 1:15 pm

First Friday of month

May 3 at 1:30 pm

Room 104



SENIOR SENIOR PROM

Thursday, May 9 Noon - 3:00 pm
 Gymnasium



SENIOR RECOGNITION GALA

In Gym - Ticket Holders Only

Wednesday, May 15

Noon - 4 pm



ASIAN PACIFIC AMERICAN HERITAGE EVENT

Monday, May 20

1:30 - 4:00 pm Cinema Arts Centre

PET PHOTO CONTEST



Tuesday, May 21

1:00 pm



MEMORIAL DAY RECOGNITION

Wednesday, May 22

11:00 am-2:00 pm

COLOR GUARD • GUEST SPEAKER • DJ BOB

Senior \$5 Special Movie

(4th Friday of month)

May 24 at 2:00 pm



CINEMA ARTS CENTRE



HEALTH EVENT

Wednesday, May 29

10:00 am - 3:00 pm

NAACP



Northwell Health Van & Island Better Hearing





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



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Councilman

Salvatore Ferro
Councilman

Brooke A. Lupinacci
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 2023

IF YOU REQUIRE SENIOR SUPPORT SERVICES, PLEASE CALL THE SENIOR CENTER
MONDAY THROUGH FRIDAY BETWEEN 9:00 AM - 4:00 PM FOR ASSISTANCE: (631) 351-3253

Pink Membership card is required to participate in any program.

SUPPORT GROUPS	DAY	PLACE	TIME
Widows and Widowers Support Group Pre-registration required	<i>12-week series:</i> Wednesday: May 1, 8, 15, 22, 29	Room 106	1:30 - 3:00 PM
Next Steps Group for Widows and Widowers Pre-registration required	<i>12-week series:</i> Monday: May 6, 13, 20	Room 106	1:30 - 2:30 PM
Caregiver Support Group	Friday: May 3, 17, 31	Room 106	10:30 - 11:45 AM
Caregiver Yoga with Sally	Tuesday: May 7, 14, 21, 28	Room 213	2:15 - 3:15 PM
Veterans Support Group w/ Ron Memorial Day Recognition	Thursday, May 16 and Wednesday, May 22	Library Dining Room	10:30 - 11:30 AM 11:00 - 2:00 PM

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

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

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, May 15, 2024 from 8:30 am - 1:00 pm

A Senior Advocate from Suffolk County will be available to educate eligible seniors in the Town of Huntington/ Suffolk County area, to apply for programs/benefits they may qualify for. Programs that foster economic independence such as: Supplemental Nutrition Assistance Program (SNAP), Medicare Savings Program (MSP) and HEAP. **Must call (631) 351-3253 to schedule an appointment.**



TOWN OF HUNTINGTON
ADULT DAY CARE CENTER
 423 PARK AVENUE, HUNTINGTON, NY 11743
 (631) 351-3293
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!



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

PUBLIC TRANSPORTATION



Local public transportation is available Monday through Saturday. The Town of Huntington's HART system (631) 427-8287 and Suffolk County Transit (631) 852-5200 operate a network of regularly scheduled bus routes that serve many of the places seniors might want to travel, including the Senior Center. Buses are handicap accessible. Senior citizens, individuals with disabilities, and Medicare cardholders are eligible to pay reduced fares.

Minibus service is also provided, at somewhat higher fares to persons who are prevented from using the regular buses because of a disability. This paratransit service is operated on a shared-ride, advance-request, curb-to-curb basis by HART (for rides entirely within the Town of Huntington at a **cost of \$4.00 one way**) and Suffolk County's SCAT program (for rides within Suffolk but not entirely within the Town). Both agencies require prior enrollment by application. Personal travel assistance is limited. HART also extends paratransit service, with reduced priority, to non-disabled senior citizen residents who do not drive and do not have access to regular buses. Paratransit is not offered as a more convenient alternative to regularly scheduled buses. **For information, call HART at (631) 427-8287 (TTY: 800-662-1220) and SCAT at (631) 738-1150 (TTY:(631) 981-0104) cost of \$4.00 each way.** Bus schedules are available at the Senior Center.



**TOWN OF HUNTINGTON
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!
Sundays: 12:00 pm - 4:30 pm
Monday through Thursday: 10:00 am - 3:45 pm
CLOSED MONDAY, MAY 27 - MEMORIAL DAY



Ping Pong Table
at the
Senior Beach House Cottage

Complimentary Mother's Day Treat
Sunday, May 12
12:30 - 3:30 pm



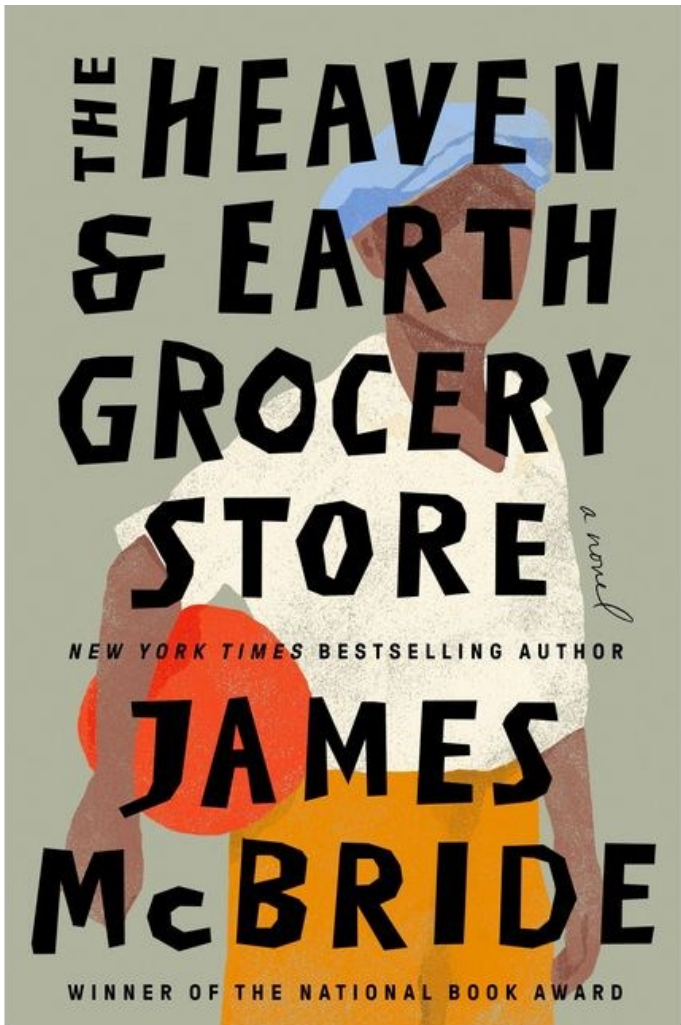
MAY ACTIVITIES AT THE BEACH HOUSE
ALL ACTIVITIES REQUIRE A TOWN OF HUNTINGTON SENIOR MEMBERSHIP CARD
MEMBERSHIP CARDS FOR PROGRAM AND ACTIVITIES
AVAILABLE AT SENIOR BEACH HOUSE OR SENIOR CENTER

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

Book Discussion with Cathy Tuesday, May 21 - Noon



The cumulative effect, though, is striking: Heaven & Earth Grocery Store depicts an emblematic neighborhood in an ever-changing America, as various groups gravitate to the “American dream,” learn to live together, forge friendships, and negotiate both the commonality and differences of the American melting pot.

CALL SENIOR BEACH HOUSE TO REGISTER BY:
Thursday, May 16 (631) 261-9186

Beach House Hours:

Sunday: Noon - 4:30 pm ▪ Monday - Thursday: 10:00 am - 3:45 pm
Closed Friday and Saturday



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Councilman

Salvatore Ferro
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Brooke A. Lupinacci
Councilwoman

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Councilwoman


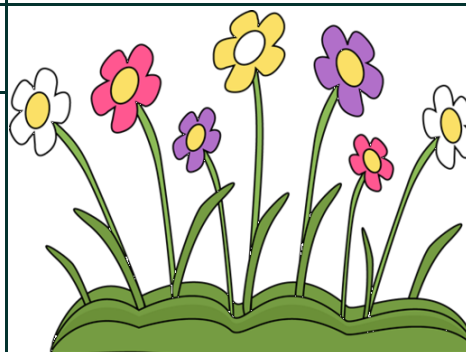


TOWN OF HUNTINGTON

SENIOR CLUBS - WE WELCOME NEW MEMBERS

MAY 2024 SCHEDULE



TUESDAY CLUBS	WEDNESDAY CLUBS	THURSDAY CLUBS	FRIDAY CLUBS
Greenlawn Paumanack Village I & II 650 Paumanack Village Dr., Greenlawn 10:30 am - 1:30 pm 07: Bingo 14: Left Right Center Game 21: Geography 28: Trivia	Laurel Senior Beach House 239 Little Neck Road, Centerport 10:30 am - 1:30 pm 01: Exec. Board Meeting, Bingo 08: Mother's Day Tea 15: No Meeting: Senior Rec. Day 22: Veteran's Craft 29: Ron's Road Show	Harborfields Paumanack Village III & IV 150 Duncan Elder Drive, Greenlawn 10:30 am - 1:00 pm 02: Spring Lunch 09: Mother's Day Cards 16: Blank Slate 23: Movie 30: Chiropractor Presentation	Larkfield Union United Methodist Church 1018 Pulaski Road, East Northport 10:30 am - 1:30 pm 03: Exec. Board Meeting, Bingo 10: Speaker: Mary Davis 17: Mother's Day Social 24: Games 31: Ice Cream Social
Nathan Hale Harborfields Library 31 Broadway, Greenlawn 10:00 am - 1:30 pm 07: Exec. Board Meeting, Birthdays, Bingo 14: Mother's/Father's Day Celebrations 21: Gentle Bends 28: Horse Racing	Melville Presbyterian Church of Sweet Hollow 95 Old Country Road, Melville 10:00 am - 1:30 pm 01: Cinco De Mayo Party 08: Executive Board Meeting, Bingo, Birthdays 15: No meeting: Senior Rec. Day 22: Mother's/Father's Day Chinese Luncheon 29: Left Right Center Game	Hills Presbyterian Church of Sweet Hollow 95 Old Country Road, Melville 10:30 am - 1:30 pm 02: Exec. Board Meeting, Bingo 09: Trivia 16: Mother's Day Tea 23: Left Right Center Game 30: Appetizer's Delight	Wolf Hill Presbyterian Church of Sweet Hollow 95 Old Country Road, Melville 10:00 am - 1:30 pm 03: Exec. Board Meeting, Bingo, Birthdays 10: Chair Exercises w/ Cathy S. 17: Ice Cream Social 24: Geronimo 31: Pot Luck Luncheon
		Whitman Village 160 Lowndes Ave. A, Hunt. Station 10:00 am - 1:30 pm 02: Executive Board Meeting, Bingo 09: Senior Senior Prom 16: Narcan Presentation: Kathie L. 23: Guess the Scent 30: Pot Luck Luncheon/Birthdays	

BOARD OF DIRECTORS MEETING: WEDNESDAY, MAY 8, 2024 • 9:30 - 11:00 AM • SENIOR CENTER

FOR ADDITIONAL CLUB INFORMATION, CONTACT: MARIA SOSKEL, CLUB COORDINATOR • 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 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 required to go on any trip.

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

Vermont Trip

Monday-Friday, June 3-7, 2024

\$765 PP Double Occupancy: \$1,010 PP Single Occ.

4 Rooms left! Price includes everything on flyer (see website link above for details) includes all taxes and tips. Call Bill ASAP. Pay in full by May 17.

Escape to Margaritaville

Wednesday, July 10, 2024

\$149 per person

Gateway Theatre, Bellport

Price includes: transportation, show, dinner and all tips. All center orchestra seating. Dinner at J & R's Islip Steak House. Pay in full at sign up. Still Room for 9.

Lancaster, PA

Tuesday-Wednesday, September 10-11, 2024

\$417 PP Double Occupancy, \$496 PP Single Occupancy

Price includes: transportation, 1 night's hotel lodging, 1 breakfast, Dutch Apple Dinner Theatre featuring *Jersey Boys*, Performance of *Daniel at Sight & Sound Theatre*, Train Ride on the Strasburg Railroad, all taxes & meal/bus gratuities. Sign up with \$100 deposit. Pay in full July 12.

Ten Day Caribbean Cruise on MSC Meraviglia. Departs NYC (Brooklyn). Ports of Call: Puerto Plata, San Juan, St. Thomas, Philipsburg. Thursday-Sunday, Jan. 23 - Feb. 2, 2025

See details and prices on website flyer. Pricing subject to change based on availability. Deposit of \$200 per person on sign up. Must have a valid passport good till August 15, 2025.

MELVILLE CLUB: Contact Eileen at (631) 499-5626. Trips are non-refundable!

Jersey Shore Getaway

Wed.-Thurs, July 24-25, 2024

\$369 per person Double/Triple

Tropicana Casino Hotel-Atlantic City

\$465 Single

Price includes: transportation, Rod Stewart Tribute show and lunch at The Shore Club - Think *The Staaten*. Overnight at Tropicana Hotel. \$15 slot play, \$25 in food, 2 Shows, snacks & tips.

Woodloch Pines

Mon.-Fri., October 21-25, 2024

\$933 per person Double

\$794 per person Triple

Price includes: transportation, lodging, 2 meals a day, entertainment.

LARKFIELD CLUB: Contact Audrey at (631) 239-1770



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

Legally Blonde

Saturday, July 13, 2024

@ 2 pm \$65

Clue

Saturday, September 14, 2024

@ 2 pm \$65

Charlie & The Chocolate Factory

Saturday, November 16, 2024

@ 2 pm \$65

Heartbreak Hotel

Saturday, January 18, 2025

@ 2 pm \$65

Waitress

Saturday, March 15, 2025

@ 2 pm \$67

South Pacific

Saturday, May 17, 2025

@ 2 pm \$67

Footloose

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.



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

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

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

**Hello community! Please join Hands on Huntington for our
May Advisory Board Meeting**

Tuesday, May 14, 2024 - 2:00 pm

Paumanack Village Community Center

650 Paumanack Village Drive, Greenlawn, NY 11740

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

Blood Pressure Screenings will be available by Bunny Karalitzky, RN MS.

For additional information, please contact Hands on Huntington at (631) 351-6610.

This project is grant funded by the New York State Office of the Aging (NYSOFA) and supported by the Suffolk Y Jewish Community Center and the Town of Huntington.



Edmund J. Smyth
Supervisor

Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman

RESIDENTIAL REPAIR HAS A DIRECT LINE NOW!



631.446.3721

LOU HORNE, COORDINATOR
LINDA JONES, OFFICE ASSISTANT

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.

Sponsored by Huntington Councilwomen
Brooke A. Lupinacci & Theresa Mari
Town of Huntington Highway Superintendent Andre Sorrentino

The United Asian American Alliance

presents



AAPI Heritage Month

Celebration
Art Exhibition

Featuring Artwork from local Asian
American Artists in celebration of
AAPI Heritage Month



May 1-30, 2024

Gallery Hours:

Monday-Friday 8:30am-4:30pm

Huntington Town Hall
(Photo ID required for entry)

Sponsored by:



Huntington Town Hall
100 Main St. Huntington, NY



Edmund J. Smyth
Supervisor

Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman

THE TOWN OF HUNTINGTON OPIOID
AND
ADDICTION TASK FORCE PRESENTS

**Alternatives to Opioids for
Acute and Chronic Pain**

Bruce Silber, DC

- Massapequa Pain Management
- Chiropractic Care, Physical Therapy,
and Yoga

Waseem Mir, MD

- Founder of New York Integrated
Rheumatology
- Medical Acupuncture for Pain Relief

Amit Sharma, MD

- Founder of SpinePain Solutions
- Chief of Pain Medicine, Good Samaritan
Hospital Medical Center
- Targeted Injection Therapy Techniques,
Epidurals, and Nerve Ablations

Thursday | May 2nd | 1:15 PM

Huntington Senior Center



Edmund J. Smyth
Supervisor

Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman



Councilman Dave Bennardo, Councilman Sal Ferro
Huntington Town Board

&
Second Precinct

PRESENTS

Senior Senior



Prom



Thursday May 9th | 12-3pm

*at the Town of Huntington Senior
Center (Flanagan Gym)*

Live Music/Lunch/Pictures

Tickets FREE

For Details and Tickets Call
Call (631)351-3089



Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman

Edmund J. Smyth
Supervisor

Brooke A. Lupinacci
Councilwoman

Theresa Mari
Councilwoman



HIICAP

Health Insurance Information,
Counseling & Assistance Program

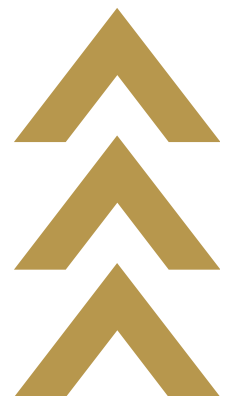
Trained volunteers guide those who have questions about Medicare and Medicaid on an Information Line or by appointment at libraries or senior centers.

- > Learn more about your Medicare coverage choices and the different parts of Medicare including *Part A- Hospital Insurance, Part B- Medical Insurance, and Part D- Prescription Drug Coverage.*
- > Find out more about the difference between Original Medicare and Medicare Advantage Plans (*Part C*) and Medicare Supplement plans.
- > Understand low-income subsidy programs, including “Extra Help” and how to apply for New York State's Elderly Pharmaceutical Insurance Coverage (EPIC).

And so much more!

Contact HIICAP Today!
631-979-9490 EXT. 18
Email: HIICAP@rsvpsuffolk.org
Visit our website at
www.rsvpsuffolk.org

Counseling Sessions
at the Senior Center
Call (631) 351-3253 NOW
to make 1/2 hour appointment
between 10:00 am - 12:30 pm
Tuesday, May 14, 2024





Join us as we Honor Town of Huntington
Outstanding Senior Citizens of the Year

*Just
Bloom*

Senior Recognition Gala

Wednesday, May 15, 2024
Noon - 4:00 p.m.

Flanagan Center Gym

423 Park Avenue
Huntington NY 11743

Delicious Buffet

Appetizer

Entrée

Dessert

Coffee, Tea, Water

\$25.00 Per Person

Music by DJ Bob

Tickets can be purchased at the
Huntington Senior Center or
through Club Leaders

TICKETS ON SALE APRIL 5TH

TICKETS ARE LIMITED

FIRST COME, FIRST SERVED

Checks can be made payable to:
Huntington Human Services Institute

LAST DAY OF TICKET SALES

FRIDAY, MAY 1ST

For more information call
631-351-3253

Edmund Smyth, Supervisor

Dr. Dave Bennardo
Councilman

Salvatore Ferro
Councilman



Brooke Lupinacci
Councilwoman

Theresa Mari
Councilwoman

TOWN OF HUNTINGTON
DEPARTMENT OF HUMAN SERVICES
SENIOR DIVISION



Monday, May 20 - 1:30 - 4:00 pm
Cinema Arts Centre

All are invited!
Featuring...

- Karen Beck - Chairperson Town of Huntington Asian American Task Force
- Mahanaim School dancers/musicians
- Patricia Shih - Mobile Museum and Ribbon Dance
- Tom and Kyoko Hasegawa - Asian artifacts display and names written in Japanese letters on bookmarks
- Tea service following performances



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Supervisor

Dr. Dave Bennardo
Councilman

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Theresa Mari
Councilwoman

SUFFOLK COUNTY

STEPHANIE BONTEMPI

LEGISLATOR, 18TH LEGISLATIVE DISTRICT



COUNCILMAN

SALVATORE FERRO

TOWN OF HUNTINGTON



#LOVEMYPET PHOTO CONTEST

Nominate your pet by submitting a photo via
email to: ehguerrero@huntingtonny.gov
by May 14, 2024.

Seniors from the John J. Flanagan Center will
be selecting a winner to be honored at the
Town of Huntington town board meeting June
11, 2024 at 6:45PM.

**SUBMISSIONS MUST BE FROM TOWN OF
HUNTINGTON RESIDENTS!**



SUFFOLK COUNTY

STEPHANIE BONTEMPI

LEGISLATOR, 18TH LEGISLATIVE DISTRICT

COUNCILMAN

SALVATORE FERRO

TOWN OF HUNTINGTON



#LOVEMYPET PHOTO CONTEST

VOTING CONFERENCE

Please Join us in the dining room of the
John J. Flanagan Senior Center to
participate in the voting of the pet photo
contest submissions!

MAY 21, 2024 AT 1:00 PM
423 PARK AVENUE, HUNTINGTON, NY 11743





TOWN OF HUNTINGTON



MEMORIAL DAY CEREMONY
SUNDAY, MAY 26, 2024 ▪ 10:00 AM

HUNTINGTON TOWN HALL
VETERANS' PLAZA
100 MAIN STREET, HUNTINGTON

Front Lawn of Town Hall
(park in parking lot and walk through lobby to Plaza)

Performance by: Huntington Men's Chorus

Refreshments to Follow

Department of Human Services

Kevin Thorbourne, Director

Veterans Affairs

Carol Rocco, Coordinator

HUNTINGTON VETERANS ADVISORY BOARD

Bill Ober, Chairman

For information call (631) 351-3012 Crocco@HuntingtonNY.gov

Dr. Dave Bennardo

Councilman

Salvatore Ferro

Councilman

Edmund J. Smyth

Supervisor

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Councilwoman

Theresa Mari

Councilwoman

Diet and Nutrition

No, you're not getting any younger. But eating the right foods may help protect your vision and keep you healthy as you age.

Foods rich in vitamins C and E, zinc, lutein, zeaxanthin, and omega-3 fatty acids have been linked to lower risks of [age-related macular degeneration \(AMD\)](#), [cataract](#) and other eye conditions later in life. It's also possible that [diet plays a role in glaucoma](#), though it's not yet clear how.

What does this nutrient-rich diet look like? Let's break it down:

- **Vitamin C.** Foods with lots of vitamin c are oranges, grapefruit, kiwifruit, strawberries, tomatoes, red and green peppers, and broccoli.
- **Vitamin E.** Healthy sources of vitamin E include almonds, sunflower seeds, olive oil, and avocados.
- **Zinc.** Legumes (beans and lentils), seeds, meat/seafood, dairy, and eggs are all good sources of zinc.
- **Lutein and zeaxanthin.** Both of these nutrients are found naturally in the retina—the light sensitive tissue lining the back of the eye. This is why boosting your diet with lutein and zexanthin is a win for your eye health. Lutein and zexanthin—often found together in many foods—are part of the “carotenoid” family of plant pigments. Carotenoids give color to many vegetables and fruits. You can find lutein and zexanthin in leafy green vegetables like kale, spinach, and swiss chard. Broccoli, asparagus, and colorful fruits like raspberries, papaya, peaches, and mangoes are also chock-full of eye-healthy carotenoids.

Cataract prevention in the produce aisle

Did you know that regularly enjoying a piece of fruit and a side of vegetables can help prevent vision loss from cataracts? Studies show that a diet rich in foods with antioxidants may reduce your risk of developing cataracts.

But what are antioxidants?

Put simply, antioxidants are foods that keep us healthy by delaying or slowing down oxidation, which causes aging or cell death. Oxidation may lead to cataracts by causing changes to fats and proteins in the [eye's lens](#), making the lens cloudy.

What foods are antioxidants?

Foods rich in vitamins A, C and E, carotenoids, lutein and zexanthin, and selenium (pasta, bread and grains) all help protect our cells from damage.

While you can get supplements in pill form at the drug store, antioxidants are most beneficial when consumed organically from fruits and vegetables and other whole foods. Studies show that antioxidant supplements do not help prevent cataracts. Supplements may even be harmful. For example, high-dose beta-carotene supplements have been shown to increase risk of lung cancer in smokers and former smokers. High-dose vitamin E supplements increase risk of hemorrhagic stroke (stroke caused by bleeding in the brain)

and prostate cancer. So load up on fresh veggies and delicious fruits—not on high-dose supplements—knowing you are doing your eyes and your health a favor.

Benefits of the Mediterranean diet for eye health

The Mediterranean diet is named after the eating habits of those living near the Mediterranean Sea. [Studies show the plant- and seafood-based diet may help reduce your risk of heart disease and age-related macular degeneration \(AMD\).](#)

The Mediterranean diet includes:

- green leafy vegetables and colorful fruits
- tree nuts like almonds, cashews and walnuts
- seafood as your primary meat source
- healthy fats. Choose olive oil over butter
- whole grain bread, cereal, and pasta
- lots of herbs and spices added to your food to lower your salt intake
- moderate amount of dairy (yogurt and cheese) and eggs

Those from the region also enjoy a glass of red wine with dinner, which has its own health benefits (in moderation). So there is some truth to a toast of *Salute* (to your health)!

Low-glycemic index diets and eye health

[People who have or at risk for diabetes](#) or age-related macular degeneration (AMD) may benefit by following a low-glycemic index (low-GI) diet. Ask your doctor for advice before trying a new diet, because not all trendy diets are actually good for your health.

With diabetes, blood sugar levels can get too high, which causes serious health problems and can lead to vision loss. Some foods cause rapid spikes in blood sugar (high-GI) and others raise blood sugar more moderately (low-GI). You can avoid quick blood sugar spikes with low-GI food swaps:

- Oatmeal or muesli over sweetened breakfast cereal
- Brown rice over white rice
- Whole-grain bread over white bread
- Durum wheat pasta or sweet potato over a baked potato
- Nuts over potato chips

Ask your doctor about the latest research on omega fatty acids and dry eye

[Dry eye](#) develops when the eyes do not produce enough tears to keep them lubricated and comfortable. Artificial tears and medication are very helpful in managing the symptoms of dry eye.

You might have heard that a [diet rich in omega-3 and omega-6 fatty acids](#) also provides relief, but there's no strong scientific evidence to support this claim. Omega-3 fatty acids are found in oily fish (like salmon, trout and sardines). Nuts and oils like walnuts and sunflower oil are natural sources of omega-6 fatty acids. Both are available as oral supplements (pills or tablets). Ask your doctor for advice before trying any new dietary supplements.

Fish may help lower the risk of macular degeneration

Studies found that women who ate fish high in omega-3 fatty acids at least twice a week were less likely to get age-related macular degeneration.

Fish is also good for your heart. The American Heart Association recommends that healthy adults eat fish at least twice a week. Some fish contain high mercury levels and should be eaten sparingly or avoided completely during pregnancy. Talk to your doctor about what fish and how much is healthy to eat if you are pregnant or become pregnant.

Calcium and age-related macular degeneration

Earlier studies suggested that calcium lowered the risk of developing AMD but newer research is uncertain. Emily Chew, MD, a researcher at the National Eye Institute, explains that different results would suggest that one study does not have all the answers. It means no one study has the whole story. Though more research is planned, Dr. Chew said calcium is not something to worry about when it comes to AMD. Patients should continue any current calcium supplements or diet health plans.

AREDS2 formula for age-related macular degeneration

People with certain forms of AMD may be able to slow the progression of the disease to advanced form by taking the AREDS2 supplements. This formula—developed from the Age-Related Eye Diseases Study (AREDS)—includes:

- Vitamin C (500 mg)
- Vitamin E (400 IU)
- Lutein (10 mg)
- Zeaxanthin (2 mg)
- Zinc oxide (80 mg) and
- Copper oxide (2 mg)

AREDS2 study also looked at whether adding omega-3 fatty acids found in fish oil, specifically DHA and EPA, to the above ingredients further lowers the risk of AMD progression and found no additional benefit. Moreover, the AREDS studies found no prevention or slowing down of cataract progression by these supplements.

Before stocking up on these supplements, be sure to talk with your ophthalmologist to learn if they are recommended for you. Some people should not take large doses of antioxidants or zinc for medical reasons.

As you think about ways to improve your eye health, remember: vitamins and nutritional supplements are not a cure for eye disease, nor will they give you back vision that you may have already lost. But good nutrition at all ages is vital for your entire body, and plays an important role in maintaining healthy eyes. Talk with your ophthalmologist about any concerns you have about your eye health.

FN521 (Revised January 2024)



Cooking for One or Two

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist

One- and two-person households are a growing sector in North Dakota and the United States. About 37% of U.S. two-person households (ages 45 to 64) were empty nesters. Eighty percent of those 65 and older were in two- or one-person households, according to the Population Bulletin, 2019.

They all have something in common: They need to eat!

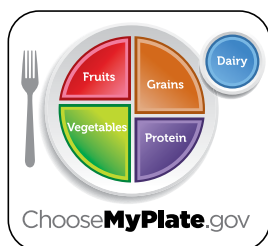
Sometimes, cooking for one or two may seem like it's not worth the trouble; however, everyone needs a variety of foods to stay healthy. Homemade meals usually are more nutritious, better tasting and more economical, compared with restaurant meals.

Use MyPlate to Help Guide Your Food Choices

Nutrition and physical activity play a vital role in maintaining good health. The latest U.S. Department of Agriculture food icon, MyPlate, provides individualized plans to help guide your food choices. Visit the website at www.ChooseMyPlate.gov and enter your gender, age and physical activity level to print out a personalized plan. Use this guide to help plan your menus to meet your nutritional needs.

Remember these key messages:

- Make at least half your grains whole
- Vary your veggies
- Focus on fruit
- Get your calcium-rich foods
- Go lean with protein



Enjoy Your Meals

Eating is a source of great enjoyment. Take time to savor the flavors, colors and textures of a variety of foods. Try these ideas to add to the enjoyment of eating:

- Set and eat at a table. Use your fancy glasses and dishes.
- Add a centerpiece, light some candles and play some music.
- Try a new recipe.
- Invite a friend over to a two-person potluck.

Plan for More Convenient and Economical Cooking

Planning makes a difference in eating healthy meals. Set a goal to plan menus for a week at a time, and incorporate your “planned-overs.” For example, making a small roast on Sunday could provide the planned-over meat for a sandwich on Monday and a vegetable beef stir-fry on Tuesday.

To help plan, read your recipes ahead of time and refer to the grocery store fliers for other ideas. Organize your shopping list based on the grocery store layout. Keep a list on the refrigerator so jotting down when you need flour, sugar or other items is easy.

Reduce Your Favorite Recipes

Choose recipes that fit with your tastes and time requirements. Whether you're a 20-something single person or an “empty nester couple” with grown children, you don't need to throw out your favorite family recipes. You can adapt many of them to fit your current household size.

Try these tips to help reduce your recipes:

- Choose recipes that are easy to divide mathematically. In recipes calling for three eggs, use two eggs and remove 2 to 4 tablespoons of liquid (if present) from the recipe. Consult Table 1 to help you reduce recipes.
- If a recipe calls for a can of beans or soup and you would like to divide the recipe in half, use what you need and either refrigerate or freeze the remaining food. Label the container with the contents and date.
- Add seasonings gradually. Sometimes you may need to add more (or less) of the spice to reach the desired flavor.
- Check for doneness of halved recipes five to 10 minutes sooner than the original recipe.
- Keep notes about what works—and what doesn't!

Table 1. Reducing Recipes

Making Half a Recipe

When the recipe calls for:	Use:
1/4 cup	2 tablespoons
1/3 cup	2 tablespoons and 2 teaspoons
1/2 cup	1/4 cup
2/3 cup	1/3 cup
3/4 cup	6 tablespoons
1 tablespoon	1 1/2 teaspoons
1 teaspoon	1/2 teaspoon
1/2 teaspoon	1/4 teaspoon

Making One-third of a Recipe

1/4 cup	1 tablespoon + 1 teaspoon
1/3 cup	1 tablespoon + 2 1/3 teaspoons
1/2 cup	2 tablespoons + 2 teaspoons

Equip Your Kitchen

For quick cooking, organize your kitchen so your equipment is within easy reach. Many foods can be prepared quickly in a microwave oven or toaster oven, so those appliances are handy when cooking for one or two. If you're assembling a kitchen or downsizing, be sure to have these items on hand:

- Pots and pans
- Knives and plastic cutting board(s)
- Measuring cups and spoons
- Mixing bowls
- Stirring spoons, whisk, can opener
- Electric mixer, microwave oven, toaster oven, coffee maker

Stock Your Pantry, Refrigerator and Freezer

Avoid the "there's nothing to eat" dilemma by having some items on hand in your pantry:

- Flour, sugar, baking soda, baking powder
- Condiments, herbs and spices
- Rice and pasta
- Dried beans and lentils
- Canned tomatoes and sauce

Keep some time-saving ingredients available, too. Consider purchasing prewashed, pre-cut fruits and vegetables if that fits your budget. While usually more expensive than buying the whole product, they may be in more convenient amounts for your needs. Frozen or canned fruits and vegetables are other options available in containers of various sizes.

Prepared pasta sauce, boneless chicken breasts and frozen bread dough are "speed scratch" ingredients that can make "homemade" meals fast to prepare. Frozen vegetables and chicken breasts allow you to use just what you need, too.

Shop for Good Nutrition and Value

Most grocery stores carry thousands of items. While at the grocery store, try these tips to reduce time and choose nutritious items.

- Shop during off-hours.
- Try not to shop while you're hungry because you might be encouraged to add extra items to your cart.
- Consider buying in bulk if you can repackage and store the items. Items such as fruit may spoil before you can eat it all.
- Compare Nutrition Facts labels to get the most nutrition for your money.
- Compare "unit prices" on foods. Sometimes the item that has the lower unit price isn't the "best deal" if you tire of the food before you use it all. You also may want to bring a calculator to help compare prices.



Choose Healthy Cooking Methods

Baking, broiling, steaming and stir-frying are examples of heart-healthy cooking. Try using cooking spray instead of shortening to grease pans. Make a one-pot meal by adding vegetables to cooking meat and pasta. Save time by cooking items in a microwave or by steaming.

Use Your Leftovers/"Planned-overs" Creatively

Making family-sized recipes can provide you with leftovers for future meals. Freeze the remaining food in meal-sized containers. Be sure to label the containers with the contents and date to avoid "surprise meals" later!

What if you don't like "leftovers"? Consider them as "planned-overs" and try them in completely different recipes. For example, add leftover fruit to muffin, quick bread or pancake batter. Freeze planned-over vegetables and use in stews, soups and other dishes. Use extra bread to make French toast, bread pudding or stuffing. Use planned-over meat in tacos, soup or stir-fry, or on salads.

Liven Up Your Menus With These Ideas:

- Use planned-over macaroni to make pasta salad or quick casseroles. Add planned-over vegetables or meat.
- Make minipizzas by topping English muffins with planned-over spaghetti sauce, vegetables and shredded cheese.
- Add chopped onions, mushrooms, peppers and cooked meat to canned spaghetti sauce. Serve spaghetti sauce over noodles one day, then add kidney beans and chili seasoning for another meal.
- Top a microwave-baked potato with planned-over chili and cheese.
- Mix chopped yellow squash, green peas and grated carrots with a prepared rice mix.
- Spice up canned tomato soup by adding chopped green onion, celery and some garlic powder.

Adjusting Recipe Yield

Some websites provide recipes or let you adjust their recipes to smaller yields:

www.allrecipes.com (search for "cooking for one")

For more information, visit the NDSU Extension website:

www.ag.ndsu.edu/food

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Sodium in Your Diet

Use the Nutrition Facts Label and Reduce Your Intake



Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
Cholesterol 5mg	1%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	4%
Includes 2g Added Sugars	
Protein 11g	
	10%
Vitamin D 2mcg	20%
Calcium 260mg	35%
Iron 6mg	6%
Potassium 240mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

You've probably heard that most Americans eat too much sodium. Your body needs a small amount of sodium to work properly, but too much sodium can be bad for your health. Diets higher in sodium are associated with an **increased risk of developing high blood pressure**, which is a major cause of stroke and heart disease.

Despite what many people think, most dietary sodium (over 70%) comes from eating **packaged and prepared foods**—not from table salt added to food when cooking or eating. The food supply contains too much sodium and Americans who want to consume less sodium can have a difficult time doing so. That is why the U.S. Food and Drug Administration is working with the food industry to make reasonable reductions in sodium across a wide variety of foods. Even though sodium may already be in many packaged foods when you purchase them, you can **lower your daily sodium intake by using the Nutrition Facts label**.

Look at the Label

Use the Nutrition Facts label as your tool to make informed decisions!

- **Know the Daily Value.** The Daily Values are reference amounts of nutrients to consume or not to exceed each day. **The Daily Value for sodium is less than 2,300 milligrams (mg) per day.**
- **Use % Daily Value (%DV) as a tool.** The %DV is the percentage of the Daily Value for each nutrient in a serving of the food and shows how much of a nutrient contributes to a total daily diet.

Use %DV to determine if a serving of the food is high or low in sodium and to compare and choose foods to **get less than 100% DV of sodium each day.**

As a general guide: **5% DV or less of sodium per serving is considered low, and 20% DV or more of sodium per serving is considered high.**

- **Pay attention to servings.** The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food. **Check the serving size and the number of servings you eat or drink to determine how much sodium you are consuming.**

Food Choices Matter!

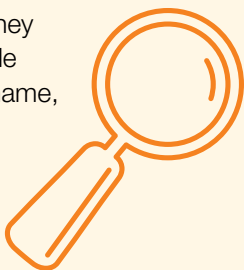
According to the Centers for Disease Control and Prevention (CDC), **about 40 percent of the sodium consumed by Americans comes from the following foods:**

- Deli meat sandwiches
- Pizza
- Burritos and tacos
- Soups
- Savory snacks (e.g., chips, crackers, popcorn)
- Poultry
- Pasta mixed dishes
- Burgers
- Egg dishes and omelets

But remember, the sodium content can vary significantly between similar types of foods. So, use the Nutrition Facts label to compare products, and don't forget to check the serving size in order to make an accurate comparison.

Table Salt and Sodium: Defined

The words “table salt” and “sodium” are often used interchangeably, but they do not mean the same thing. Table salt (also known by its chemical name, sodium chloride) is a crystal-like compound that is abundant in nature. Sodium is a mineral, and one of the chemical elements found in salt.



Sodium as a Food Ingredient

As a food ingredient, sodium has multiple uses, such as for curing meat, baking, thickening, retaining moisture, enhancing flavor (including the flavor of other ingredients), and as a preservative. Some common food additives—like monosodium glutamate (MSG), sodium bicarbonate (baking soda), sodium nitrite, and sodium benzoate—also contain sodium and contribute (in lesser amounts) to the total amount of “sodium” listed on the Nutrition Facts label.

Surprisingly, some foods that don't taste salty can still be high in sodium, which is why using taste alone is not an accurate way to judge a food's sodium content. For example, while some foods that are high in sodium (like pickles and soy sauce) *taste* salty, there are also many foods (like cereals and pastries) that contain sodium but *don't* taste salty. Also, some foods that you may eat several times a day (such as breads) can add up to a lot of sodium over the course of a day, even though an individual serving may not be high in sodium.

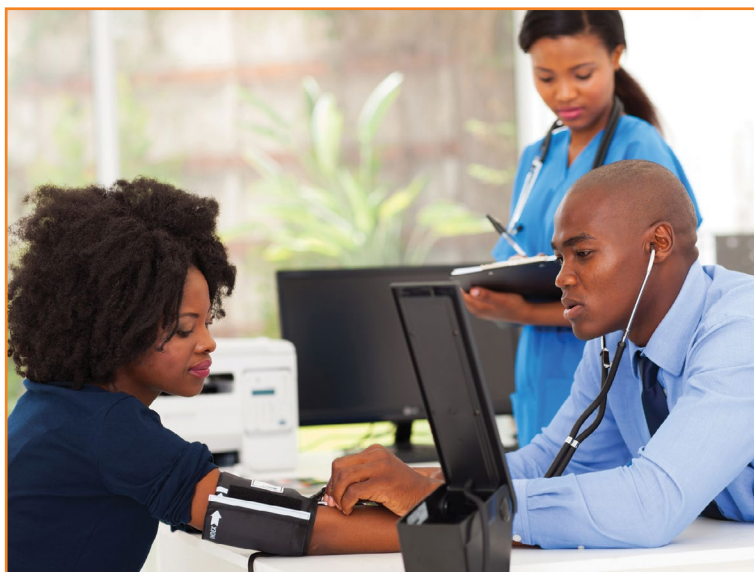
Check the Package for Nutrient Claims

You can also check for nutrient claims on food and beverage packages to quickly identify those that may contain less sodium. Here's a guide to common claims and what they mean:

What It Says	What It Means
Salt/Sodium-Free	Less than 5 mg of sodium per serving
Very Low Sodium	35 mg of sodium or less per serving
Low Sodium	140 mg of sodium or less per serving
Reduced Sodium	At least 25% less sodium than the regular product
Light in Sodium or Lightly Salted	At least 50% less sodium than the regular product
No-Salt-Added or Unsalted	No salt is added during processing – but these products may not be salt/sodium-free unless stated

Sodium and Blood Pressure

Sodium attracts water, and a high-sodium diet draws water into the bloodstream, which can increase the volume of blood and subsequently your blood pressure. **High blood pressure** (also known as **hypertension**) is a condition in which blood pressure remains elevated over time. Hypertension makes the heart work too hard, and the high force of the blood flow can harm arteries and organs (such as the heart, kidneys, brain, and eyes). Uncontrolled high blood pressure can raise the risk of heart attack, heart failure, stroke, kidney disease, and blindness. In addition, blood pressure generally rises as you get older, so limiting your sodium intake becomes even more important each year.



Know Your Numbers

Sodium is an essential nutrient and is needed by the body in relatively small amounts (provided that substantial sweating does not occur) to maintain a balance of body fluids and keep muscles and nerves running smoothly. However, most Americans eat too much of it—and they may not even know it.

Americans eat on average about 3,400 mg of sodium per day. However, the *Dietary Guidelines for Americans* recommends adults limit sodium intake to **less than 2,300 mg per day**—that's equal to about **1 teaspoon of table salt!** For children under age 14, recommended limits are even lower.



10 Easy Tips for Reducing Sodium Consumption

Learning about sodium in foods and exploring new ways to prepare foods can help you achieve your sodium goal. And, if you follow these tips to reduce the amount of sodium you consume, your “taste” for sodium will gradually decrease over time—so eventually, you may not even miss it!

1 Read the Nutrition Facts label

Compare and choose foods to get less than 100% DV (less than 2,300 mg) of sodium each day.

2 Prepare your own food when you can

Limit packaged sauces, mixes, and “instant” products (including flavored rice, instant noodles, and ready-made pasta).

3 Add flavor without adding sodium

Limit the amount of table salt you add to foods when cooking, baking, or at the table. Try no-salt seasoning blends and herbs and spices instead of salt to add flavor to your food.

4 Buy fresh

Choose fresh meat, poultry, and seafood, rather than processed varieties. Also, check the package on fresh meat and poultry to see if salt water or saline has been added.

5 Watch your veggies

Buy fresh, frozen (no sauce or seasoning), or low sodium or no-salt-added canned vegetables.

6 Give sodium the “rinse”

Rinse sodium-containing canned foods, such as beans, tuna, and vegetables before eating. This removes some of the sodium.

7 “Unsalt” your snacks

Choose low sodium or no-salt-added nuts, seeds, and snack products (such as chips and pretzels)—or have carrot or celery sticks instead.

8 Consider your condiments

Sodium in condiments can add up. Choose light or reduced sodium condiments, add oil and vinegar to salads rather than bottled dressings, and use only a small amount of seasoning from flavoring packets instead of the entire packet.

9 Reduce your portion size

Less food means less sodium. Prepare smaller portions at home and consume less when eating out—choose smaller sizes, split an entrée with a friend, or take home part of your meal.

10 Make lower-sodium choices at restaurants

Ask for your meal to be prepared without table salt and request that sauces and salad dressings be served “on the side,” then use less of them. You can also ask if nutrition information is available and then choose options that are lower in sodium.



Senior Participation Discount List

Contact Merchant for Individual Discounts
Restrictions May Apply

Art League of LI	107 East Deer Park Avenue	Dix Hills	631-462-5400	30% Off Adult Membership
Buttercooky 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	20% 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
Double "S" Deli	18 West Neck Road	Huntington	631-421-9228	5% Off Daily
Dunkin	15 Southdown Road	Huntington	631-424-0647	5% Off Daily
Dunkin	200 East Main Street	Huntington	631-935-0031	5% Off Daily
Dunkin	838 New York Avenue	Huntington	631-421-2010	5% Off Daily
East Northport Bagel Café	355 Larkfield Road	East Northport	631-486-8200	10% 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	10% Off Reg. Price Menu
Golden Globe Diner	365 West Main Street	Huntington	631-351-9680	10% Off Daily
Goodwill NY/NJ	1900 Jericho Turnpike	East Northport	631-462-4219	10% Off Tuesday Only
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
Mainsource Pharmacy	347B Main Street	Huntington	631-760-1114	15% Off Limitations Apply
Mama Lucia's	1820 New York Avenue	Huntington Sta.	631-423-4855	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
Mozzarella's Pizza	1937 Jericho Turnpike	East Northport	631-462-0600	10% Off W \$15 Min.
North Shore Pharmacy	25 Southdown Road	Huntington	631-427-6262	10% Off Excl. Prescriptions
110 Pharmacy	459 Walt Whitman Road	Melville	631-421-5454	10% Off Limitations Apply
Skorpis Restaurant	340 New York Avenue	Huntington	631-549-8887	10% Off Daily
Spuntino	687 Old Country Road	Dix Hills	631-547-9300	10% Off Not Combinable
Tim's Shipwreck Diner	46 Main Street	Northport	631-754-1797	15% Off Daily
Town Drugs	517A Larkfield Road	East Northport	631-266-3999	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
Vision World	699 Old Country Road	Dix Hills	631-271-3520	20% Off Daily

TOWN OF HUNTINGTON

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