

# TOWN OF BROOKHAVEN

## SENIOR CITIZEN DIVISION

# *Happy Talk*

**JULY— SEPTEMBER 2016 ISSUE**



**Welcome to the July – September Edition of Happy Talk.**

Brookhaven Town is continuously striving to provide services and activities for our seniors to improve your quality of life and help you stay socially active within our communities. Our Senior Picnic in June was a tremendous success, with approximately 1,800 people attending over two days at the scenic Longwood Estate in Ridge. While this is always a great way to bring people together and celebrate the return of warmer weather, we are looking forward to keeping this momentum going throughout the summer and into the fall.

With temperatures rising, a great way to beat the heat and engage with others is through our Senior Nutrition Program. This program provides residents age 60 and over with a nutritious mid-day meal and the opportunity to participate in a variety of social, recreational and educational activities. There are no income guidelines for this program and the nutrition centers are open weekdays from 9 a.m. to 4:30 p.m. The Bay Area Nutrition Program is located at 15 Herkimer Street in Mastic and the North Shore Program is located at the Rose Caracappa Senior Center at 739 Route 25A in Mount Sinai. Transportation is available, however, it is limited. Volunteers are also encouraged and welcomed at the Town's nutrition centers.

The Senior Citizen Division also offers a Home Delivered Meal Program for those who are unable to congregate at the nutrition centers. Deliveries are made weekdays in the following areas: Coram, Mastic, Mastic Beach, Middle Island, Ridge, Rocky Point, Shirley, Shoreham and Sound Beach. To register or find out more information about this program, please call the Bay Area Nutrition Center at (631) 281-7679 or the North Shore Nutrition Center at (631) 476-6446.

Our dedicated group of professionals at the Senior Citizen Division is passionate about providing both necessary and recreational services for Brookhaven Seniors. For further information regarding the many outstanding programs offered, please read through and enjoy this edition of "Happy Talk."

From all of us at Brookhaven Town, have an excellent summer and we look forward to hearing from you.

*Edward P. Romaine*

# **BROOKHAVEN HELPLINE**

***Making a Difference***

## ***Are You Alone All Day?***

***Would you like someone to phone you every day, to lend an ear or to see how you're doing?***

***WE CAN HELP!***



There is no fee for *Helpline*. If you know of a senior citizen in need of this service, please call the Senior Citizen Division  
**631-451-9191**



*Helpline* is a free telephone reassurance service for isolated or homebound seniors. Our program provides human contact with a daily reassurance call, letting clients know that someone is there for them.

*Helpline* volunteers reach out with a friendly voice—asking how you're doing, answering questions, providing information about Town or County services or just lending an ear from one person to another.

**To sign up for this program, please call the Town of Brookhaven Senior Citizens Division at 451-9191**

**Edward P. Romaine, Supervisor**

Valerie M. Cartright, District 1

Jane Bonner, District 2

Kevin LaValle, District 3

Michael A. Loguercio Jr., District 4

Neil Foley, District 5

Daniel J. Panico, District 6

Donna Lent, Town Clerk

Louis Marcoccia, Receiver of Taxes

Daniel Losquadro, Superintendent of Highways

# *Town of Brookhaven Nutrition Program*

## *Bay Area Nutrition Program*

*15 Herkimer Street Mastic, NY 11950*

*631-281-7679*

## *North Shore Nutrition Program*

*739 Route 25A, Mt. Sinai, NY 11766*

*631-476-6446*

*Residents age 60 and over are encouraged to join us for lunch and enjoy a well-balanced, nutritious meal that is served Monday through Friday in a friendly, social atmosphere. A voluntary \$2.00 donation is suggested for lunch. The program also provides seniors with the opportunity to meet new friends and participate in many other activities.*

*Nutrition Program is partially funded by Suffolk County Office for the Aging, New York State Office for the Aging and Administration for Community Living*

**MOVIES**

**EXERCISE**

**CONVERSATION**

**GAMES**

**DANCING**

*Transportation is provided, subject to availability. A voluntary donation of \$1.00 is suggested for transportation. All donations are solely used to enhance the program. No one will be denied services because of their inability or unwillingness to contribute.*



*Edward P. Romaine, Supervisor*

*Valerie M. Cartright District 1, Jane Bonner District 2, Kevin LaValle, District 3,*

*Michael Loguercio District 4, Neil J. Foley, District 5, Daniel J. Panico, District 6*

*Donna Lent, Town Clerk, Louis J. Marcoccia, Rec. of Taxes, Daniel P. Losquadro, Superintendent of Highways*



# BRING A BOOK, BORROW A BOOK

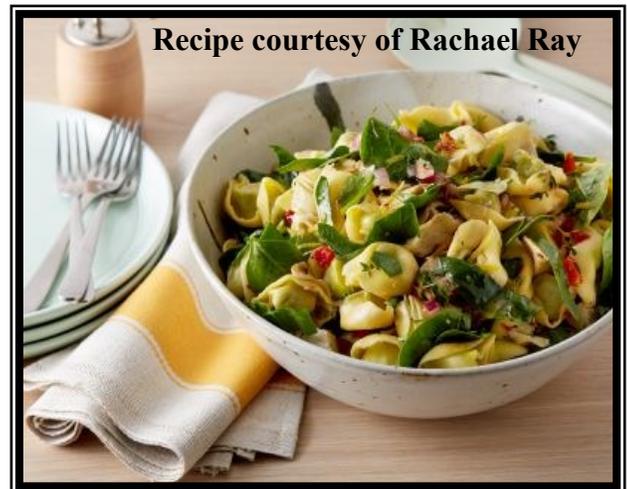
The Town of Brookhaven Senior Citizen Division will be introducing a “Bring a Book, Borrow a Book” program in the Senior Citizen Division located at Town Hall on the 2nd floor. Come and borrow a book or donate your old books. Donations are for novels only, books must be in good condition. Donations will be accepted Monday through Friday. The “Bring a Book, Borrow a Book” program is currently open to all seniors in the Town of Brookhaven.

## RECIPE CORNER

### SPINACH ARTICHOKE PASTA SALAD

#### Ingredients

- Coarse salt
- 1 package fresh mushroom or chicken prosciutto or spinach filled tortellini (recommended: Contadina or Buitoni brands) available on dairy aisle in most markets
- 1/2 pound fresh baby spinach
- 1 (15-ounce) can baby artichoke hearts in water, drained and chopped
- 1 red roasted pepper, drained and chopped
- 1/2 small red onion, chopped
- 1 clove garlic, cracked from skin
- 1 lemon, zested
- 2 teaspoons lemon juice, the juice of 1 wedge
- 2 tablespoons red wine vinegar, a couple of splashes
- 1/4 cup extra-virgin olive oil
- 1 tablespoon fresh thyme leaves, chopped or 1/2 teaspoon dried leaves, eyeball it
- Black pepper
- A handful sun-dried tomatoes packed in oil, coarsely chopped



#### Directions

- Bring 5 or 6 inches of water to a boil in a large pot. Salt boiling water and add pasta. Cook for 3 to 4 minutes, until pasta is just tender and the tortellini are floating like buoys. Drain tortellini, then cool the cooked pasta by spreading them out on a large plate or a cookie sheet in a single layer.
- Coarsely chop baby spinach. Combine with artichoke pieces, roasted red pepper and red onion. Chop garlic, then add salt to it and mash it into a paste with the flat of your knife. Transfer garlic paste to a small bowl and add lemon zest, lemon juice and vinegar to it. Whisk in oil, thyme and pepper. Add pasta and sun-dried tomatoes to the salad. Dress salad and gently toss. Serve or refrigerate.

*\*If anyone would like to submit a recipe to be published in the next Happy Talk edition, please email [dmarchese@brookhaven.org](mailto:dmarchese@brookhaven.org) or submit to the Center Manager. \**



# 2016 Town of Brookhaven Senior Citizen Picnic



## TOWN OF BROOKHAVEN

Department of Waste Management  
One Independence Hill  
Farmingville, NY 11738

For more information call: 451-TOWN (8696)  
or visit: [www.brookhaven.org](http://www.brookhaven.org)

or visit: [www.brookhaven.org](http://www.brookhaven.org)

### Special Recycling Event Schedule for 2016

E-Waste / Paper Shredding / Drug Take Back

In Date order:

Council District:	Date:	Location:	Address:	Time:	e-Waste	paper	drug
CD-3 Kevin LaValle	Saturday April 16, 2016	Sachem Public Library	150 Holbrook Rd. Holbrook	9:30 AM – 1:30 PM	✓	✓	✓
CD-6 Dan Panico	Saturday April 30, 2016	William Floyd Middle School	630 Moriches Middle Island Rd. Moriches	9 AM – 1 PM	✓	✓	
CD-2 Jane Bonner	Saturday May 14, 2016	Rose Caracappa Center	739 Route 25A, Mt. Sinai	9 AM – 1 PM	✓	✓	✓
CD-5 Neil Foley	Saturday June 4, 2016	Henrietta Acampora Center	39 Montauk Hwy. Blue Point	9 AM – 1 PM	✓	✓	✓
CD-4 Michael Loguercio	Saturday July 23, 2016	Longwood Public Library	800 Middle Country Rd. Middle Island	9:30 AM – 1:30 PM	✓	✓	✓
CD-1 Valerie Cartright	Saturday August 13, 2016	Terryville Fire Dept.	19 Jayne Blvd. Port Jefferson Station	9 AM – 1 PM	✓	✓	✓
CD-3 Kevin LaValle	Saturday September 10, 2016	Middle Country Public Library	101 Eastwood Blvd. Centereach	9 AM – 1 PM	✓	✓	✓
CD-2 Jane Bonner	Saturday September 17, 2016	Rose Caracappa Center	739 Route 25A, Mt. Sinai	9 AM – 1 PM	✓	✓	✓
CD-5 Neil Foley	Saturday September 24, 2016	Patchogue Medford High School	181 Buffalo Ave. Medford	9 AM – 1 PM	✓	✓	✓
CD-1 Valerie Cartright	Saturday October 1, 2016	Setauket Fire Dept	394 Nicols Rd. Setauket	9 AM – 1 PM	✓	✓	✓
CD-6 Dan Panico	Saturday October 15, 2016	William Floyd Middle School	630 Moriches Middle Island Rd. Moriches	9 AM – 1 PM	✓	✓	
CD-4 Michael Loguercio	Saturday October 29, 2016	South Country Public Library	22 Station Rd. Bellport	9:30 AM – 1:30 PM	✓	✓	✓



Find Curby on Facebook!

Sponsored By:





## Town of Brookhaven Residential Repair Program

The Residential Repair Program provides household assistance with repairs that do not require the skills of a licensed craftsperson. The program offers minor repairs for senior citizens who are not able to perform themselves. **THIS IS NOT AN EMERGENCY SERVICE.** For more information and/or an application, call 631-451-9092.

*Funding is provided by the Suffolk County Office for the Aging and the United States Department of Health and Human Services through the New York State Office for the Aging*

## Rose Caracappa Senior Citizen Cultural & Wellness Center

Located at the junction of Route 25A and Patchogue-Mt. Sinai Rd (Rte. 83), it is the setting for a wide array of multi-generational activities such as: workshops, book discussions, game playing, bridge, mah jongg, as well as classes for exercise, yoga, dancing, foreign language, and introduction to the internet. Residents are welcome to drop in and visit the center. The center is open Monday through Friday, 9:00am—4:30pm (excluding holidays). Many of the activities are free or have a minimal fee. Call the center for details at 631-476-6449 or 631-476-6431.



## Nutrition Program

One of the most popular programs that the Town offers to our Seniors is the Nutrition Program. We are proud to announce that the Bay Area Nutrition Center has been relocated to the newly renovated Mastic Recreation Center at 15 Herkimer St., Mastic Beach—631-281-7679. You may also participate at the North Shore Nutrition Center located at the Rose Caracappa Center, 739 Route 25A, Mt. Sinai—631-476-6442 or 631-476-6446. Each site provides a nutritious lunch in a friendly, social atmosphere. A menu of delicious meals is planned by a registered dietician and served Monday through Friday. This program also gives seniors the opportunity to meet new friends and participate in many activities that are offered at both sites. Call the center in your area for details.

**The Nutrition Program also offers the Meals on Wheels service.**

**Do you want to become a Volunteer and make a difference in your community?**

**If interested, call 631-476-6442 or 631-476-6446 in Mt. Sinai or 631-281-7679 in Mastic Beach.**

*The Town of Brookhaven Nutrition Program is sponsored by the United States Department of Health and Human Services, New York State and the Suffolk County Office for the Aging.  
There is a suggested donation of \$2 for lunch.*

## The Lending Closet

The “Comfort Aids” organization lends medical equipment such as walkers, wheelchairs, commodes, canes and shower chairs at no cost to Town of Brookhaven residents. Supplies are limited and distributed on a first-come first-served basis. Donations are accepted and greatly appreciated. These services are offered at the following town recreation centers:

Henrietta Acampora in Blue Point—631-363-5193

New Village in Centereach—631-732-2338

Robert E. Reid Sr. in Shoreham—631-744-2601





## JITNEY TRANSPORTATION

The Town of Brookhaven Jitney Transportation Program is a shared ride, curb to curb service provided to our residents who are 60 years of age and over or disabled, cannot drive, or have no other means of transportation. Transportation is provided to medical facilities and grocery shopping. Medical transportation is provided on a first-come first-served basis and is by appointment only.

For more information and an application, call 631-451-9081 or 631-451-9082, Monday—Friday between 7:00 am and 3:30 pm. There is a fee for this service. Some restrictions do apply.



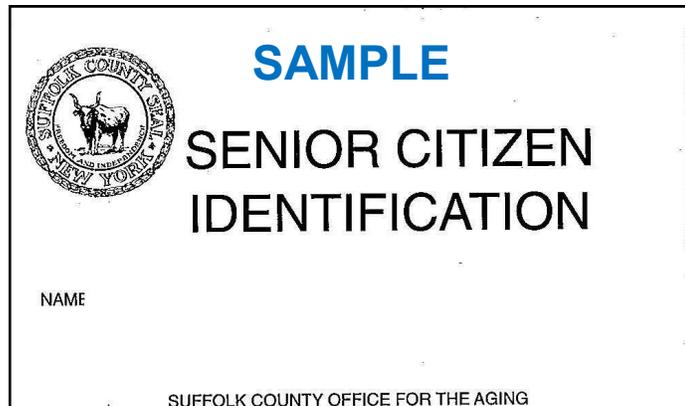
## SENIOR CLUB NEWS

The Town of Brookhaven sponsors 28 Senior Citizen Clubs at various neighborhood locations town-wide. To find out more information about joining a club, please call 631-451-9191.

- ◆ Albert Tinnie Senior Citizen Club
- ◆ Avery Village Senior Citizen Club
- ◆ Bretton Woods Senior Citizen Club
- ◆ Center Moriches Senior Citizen Club
- ◆ Centereach Senior Citizen Club
- ◆ Farmingville Senior Citizen Club
- ◆ Forge River Senior Citizen Club
- ◆ Greenwood Village Senior Citizen Club
- ◆ Hagerman Senior Citizen Club
- ◆ Lake Grove Senior Citizen Club
- ◆ Lake Ronkonkoma Senior Citizen Club
- ◆ Leisure Village Senior Citizen Club
- ◆ Manorville Senior Citizen Club
- ◆ Mark Tree Senior Citizen Club
- ◆ Middle Island Senior Citizen Club
- ◆ Mt. Sinai Senior Citizen Club
- ◆ Patchogue Seniors Senior Citizen Club
- ◆ Port Jefferson Senior Citizen Club
- ◆ Selden Senior Citizen Club
- ◆ Shoreham Senior Citizen Club
- ◆ Southaven Senior Citizen Club
- ◆ St. George Manor Senior Citizen Club
- ◆ St. Joseph's Village Senior Citizen Club
- ◆ Stony Brook Senior Citizen Club
- ◆ Swan Lake Senior Citizen Club
- ◆ Three Village Senior Citizen Club
- ◆ Westfield Senior Citizen Club
- ◆ Yaphank Senior Citizen Club

## Senior Citizen I.D. Cards

If you are 60 years of age or older and a Suffolk County resident, you are entitled to a complimentary Senior Citizen I.D. Card. The card offers many discounts to seniors including a reduced fare on the Suffolk County Bus System. Stop by the Town of Brookhaven Senior Citizen Division with proof of age and residence and you will be issued a free I.D. card. For more information call 631-451-9191.



## Pre-Season Resident Parking Stickers on Sale



The Town of Brookhaven Department of Parks has begun their pre-season sale of the 2016 Seasonal Resident Parking Sticker at selected locations throughout the Town. The price of the 2016 Seasonal Parking Sticker is \$15.00 and is good for the entire 2016 season. If purchased before Monday, May 23rd, the reduced sticker cost will be \$10.00. Seasonal stickers for Senior Citizen, handicapped and veteran residents cost only \$5.00 throughout the entire season.

Stickers are available at the Town of Brookhaven Parks and Recreation Office in Centereach, the Henrietta Acampora Recreation Center in Blue Point, the Port Jefferson Marina Annex in Port Jefferson, the Rose Caracappa Senior Citizens Center in Mt. Sinai, and at the Center Moriches Library in Center Moriches (until May 8th).

For more information including hours and directions, please visit the Town of Brookhaven website at [www.brookhaven.org](http://www.brookhaven.org) or call 451-TOWN or 451-6101.

# TOWN OF BROOHAVEN HISTORICAL SITES

## **LONGWOOD ESTATE**

Corner of Longwood Road and Smith  
Road  
(Estate entrance on Smith Road)  
Ridge, NY 11961  
631-924-1820

## **BELLPORT-BROOKHAVEN HISTORICAL SOCIETY**

31 Bellport Lane  
Bellport, NY 11713  
[www.bbhsmuseum.org](http://www.bbhsmuseum.org)  
631-776-7640

## **BROOKHAVEN VOLUNTEER FIREFIGHTERS MUSEUM**

P.O. Box 367  
Fireman's Memorial Park, Route 25  
Ridge, NY 11961  
[www.brookhavenfiremuseum.org](http://www.brookhavenfiremuseum.org)  
631-924-8114

## **FARMINGVILLE HISTORICAL SOCIETY**

P.O. Box 311  
Farmingville, NY 11738  
631-588-1846 or 631-698-5293

## **FIRST CONGREGATIONAL CHURCH OF NEW VILLAGE**

Middle Country Road  
Lake Grove, NY 11755  
631-451-8038 (Town Historian).  
Tours by appointment.

## **GREATER PATCHOGUE HISTORICAL SOCIETY SWAN RIVER SCHOOLHOUSE**

P.O. Box 102  
Patchogue, NY 11772  
[www.greaterpatchoguehistoricalsociety.org](http://www.greaterpatchoguehistoricalsociety.org)  
631-475-7871 or 631-730-8598

## **HISTORICAL SOCIETY OF GREATER PORT JEFFERSON MATHER HOUSE MUSEUM**

P.O. Box 586  
115 Prospect Street  
Port Jefferson, NY 11777  
[www.portjeffhistorical.org](http://www.portjeffhistorical.org)  
631-473-2665

## **KETCHAM INN FOUNDATION, INC.**

81 Main Street  
Center Moriches, NY 11934  
631-878-1855 or 631-878-8862

## **LAKE RONKONKOMA HISTORICAL SOCIETY**

P.O. Box 2716  
328 Hawkins Avenue  
Lake Ronkonkoma, NY 11779  
631-467-3152



# DEPARTMENT OF PARKS & RECREATION EVENTS

## ADULT HORTICULTURAL CLASS

Participants will learn ways to start plants through propagation, how to sow vegetable seeds and other seasonal gardening techniques that include unique garden crafts.

Dates/Time: Spring/Fall sessions available; dates to be announced

Fee: \$50 for a six-week session

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## SENIOR SOFTBALL - MEN'S 60 YEARS & OLDER

**DATES:** League Schedule - Tuesdays and Thursdays, April-September

**TIME:** 10:00am (Doubleheaders)

**FEE:** \$700.00/team

**LOCATION:** Various Town fields

**REGISTRATION & ADDITIONAL INFORMATION:** Visit us on the web at [www.eteamz.com/suffolkseniors](http://www.eteamz.com/suffolkseniors) or call 451-6237

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## SENIOR SOFTBALL - MEN'S 65 YEARS & OLDER

**DATES:** Tuesdays and Thursdays, April-September

**TIME:** 10:00am (Doubleheaders)

**FEE:** \$600.00/team

**LOCATION:** Percy Raynor Park (Map No. 12)

**REGISTRATION & ADDITIONAL INFORMATION:** Visit us on the web at [www.eteamz.com/suffolkseniors](http://www.eteamz.com/suffolkseniors) or call 451-6237

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## ADULT CO-ED VOLLEYBALL LEAGUES

**DATES:** TBA

**TIMES:** Monday Night - Recreational Tuesday Night - Competitive Wednesday Night - Corporate Thursday Night - Beginner **LOCATION:** Behind Centereach Pool Complex (Map No. 14)

**AGES:** 18 and older, Co-Ed

**TOWN FEE:** In-town - \$425.00/team; Out-of-town - \$525.00/team

**ADDITIONAL INFORMATION:** Offering 4 versus 4 competitive and recreational leagues week nights this summer. For any further information please call 451-6154

## ~ Senior Citizen Division's Calendar of Events and Activities



7/19, 8/9, 9/13  
7/20, 8/17, 9/21  
7/21, 8/18, 9/15  
Every M, W & F

### Bay Area Nutrition Activities 15 Herkimer Street, Mastic (631) 281-7679

Librarian visit 9:30 - 10:30  
Senior Citizen Advocate 9:00-1:00  
Exercise/Education 9:30 - 10:30  
Mastic-Shirley Library Technology Center 9:00-4:00



### Rose Caracappa Activities 739 Route 25A, Mt. Sinai (631) 476-6449



2nd Wednesday of Month HIICAP Individualized Counseling by RSVP 10:00  
4th Thursday of Month Current Events Discussion Group 10:00  
7/6 Hula Hoop Class 10:00 am  
7/20 Words Matter Presentation 9:30  
7/20 The Power of Positive Thinking Through Visual Imagery 1:00  
8/3 Hula Hoop Class 10:00  
4/13 Hypertension Presentation by Mather Hospital, 10:30 am  
8/24 SCOFA Senior Advocate 9:00-12:00  
9/12 St. Charles Diabetes Management Workshop 10:30  
9/15 Defensive Driving Class 9:30



Every Monday  
Every Wednesday  
8/25

### North Shore Nutrition Activities 739 Route 25A, Mt. Sinai (631) 476-6442

Line Dancing 10:30 am  
Ballroom Dancing 12:30  
Nutrition Presentation on "Common Food & Drug Interactions"  
by Colleen Sloan, SCOFA 11:00



**\* Please be advised that all activities and events are subject to change.  
For more information please call the individual locations. \***

# TOWN HALL HOLIDAY CLOSINGS 2016

<b>Memorial Day</b>	<b>May 30, 2016</b>
<b>Independence Day</b>	<b>July 4, 2016</b>
<b>Labor Day</b>	<b>September 5, 2016</b>
<b>Columbus Day</b>	<b>October 10, 2016</b>
<b>Election Day</b>	<b>November 8, 2016</b>
<b>Veteran's Day</b>	<b>November 11, 2016</b>
<b>Thanksgiving Day</b>	<b>November 24, 2016</b>
<b>Thanksgiving Day Weekend</b>	<b>November 25, 2016</b>
<b>1/2 Day Christmas Eve (Observed)</b>	<b>December 23, 2016 (Friday)</b>
<b>Christmas Day (Observed)</b>	<b>December 26, 2016 (Monday)</b>
<b>1/2 Day New Year's Eve (Observed)</b>	<b>December 30, 2016 (Friday)</b>

**Town of Brookhaven**  
**Department of Housing & Human Services**  
**Diana Weir, Commissioner**  
**Senior Citizen Division**  
One Independence Hill, Farmingville, New York 11738  
PHONE: (631) 451-9191 FAX: (631) 451-9148



**Edward P. Romaine, Supervisor**

Valerie M. Cartright, District 1  
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