

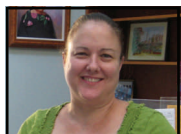


Staff Directory

Judy Palumbo, Executive Director
(516) 922-1770 ext. 308

Program Office

Mary Frignani, Program Coordinator
(516) 922-1770 ext. 312



Nancy Farinaccio, Program Assistant
(516) 922-1770 ext. 316

Andrea Goyette, After Hours Assistant
(516) 922-1770 ext. 300



Mimi Nicklas, ETS Coordinator
(516) 922-6422

Day Break Adult Day Care

Bridget DeSimone, Day Break Coordinator
(516) 558-7211



Administrative Services

Jill Mason, Administrative Assistant
(516) 922-1770 ext. 301

Joanne Daddio, Executive Assistant
(516) 922-1770 ext. 309

Social Services

Beth Spickler-Lerman,
Social Services Coordinator
(516) 922-1770 ext. 305



Kitchen and Maintenance

Anthony Moschella, Kitchen Manager
(516) 922-1770 ext. 310

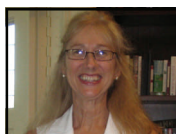
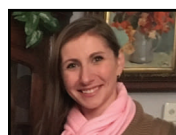


Dannette Willis
Kitchen Assistant

Marian Liskowicz
Maintenance

Bookkeeper

Kristine Lalonde
(516) 922-1770 ext. 304



THE LIFE ENRICHMENT CENTER AT OYSTER BAY

45 EAST MAIN STREET • OYSTER BAY, NEW YORK • 516-922-1770

Welcome New Member

Welcome to **The Life Enrichment Center at Oyster Bay** family. We are proud to offer you important services as well as the opportunity to participate in our many programs and activities.

The Center is open **Monday to Friday from 8:30 am to 4:30 pm** and select evenings. Please refer to pages 2-5 for a complete description of our programs, services, committees and procedures.

A warm welcome is extended to you from the Board of Directors, staff and members. If you would like additional information on anything that is mentioned in the membership packet, please call us at 922-1770. We look forward to getting to know you and seeing you at the Center.

516-922-1770

***Social Activities & Vital Services
to Individuals 55+***

Lunch Program *

Lunch is available at noon Monday to Friday. In addition to our regular gourmet hot lunch, a cold lunch is available. Please check your monthly menu for lunch choices. A voluntary contribution is requested from our Members over the age of 60*.

Special Diets: Please speak to the Program Staff about any special dietary needs you may have. Unsweetened desserts are available for diabetics.

Reservations: Reservations are needed for lunch. Please try to make your reservation before noon the day before you wish to come for lunch. You may call in your reservation to the Program Office (516) 922-1770 or you can sign-up a week in advance at the reception desk. If you need to cancel your reservation please let us know as soon as possible.

If you forget to call ahead you are still welcome to join us. However, you will be placed on the waiting list and served after expected guests.

Reservations for Special Events and Parties: Reservations should be made well in advance since space is limited and we often sell out. Please read your calendar carefully or see the program staff.

Members under 60: Members under the age of 60 are welcome to join us for lunch. However, as per government regulations we must ensure that all Members over 60 are accommodated first. **A lunch contribution is required as funding is not provided by the government.**

**Our Lunch and Transportation programs are made possible with funding from the Nassau County Department of Human Services, Office for the Aging through New York State Office for the Aging and U.S. Administration on Aging, Town of Oyster Bay New York.*

Please note: We are required to request a voluntary contribution for all our government-funded programs. However, no one is denied service due to an inability to make a contribution.

Emergency Information

Snow Closing... The Center is closed when the Oyster Bay-East Norwich Schools are closed. Check your local listing of closings by watching Channel 12 News or check online at www.news12.com or listen to radio stations WHLI, WBAB, KJOY or WBLL before venturing out in inclement weather.

Code of Conduct

The Center is committed to providing a safe and welcoming environment for all of its Members, visitors, volunteers and staff. To help ensure a supportive atmosphere for all, the following Code of Conduct has been established.

It is imperative that all members act appropriately while at the Center. This means that people should treat each other with dignity and respect at all times.

The following is unacceptable conduct:

1. Inappropriate verbal or physical abuse including profanity, vulgarity, explicit sexual language or touching.
2. Verbal harassment
3. Hate speech or epithets (i.e. racial, ethnic, sexist, homophobic and religious slurs)
4. Promotion of or engaging in any illegal activities
5. Participating while under the influence of alcohol or illegal drugs
6. Fighting either physically or verbally, challenging others to fight, destroying or damaging property
7. Theft of any kind will warrant immediate suspension

For the well being of all our Members, everyone is required to maintain good personal hygiene which includes regular bathing and laundering of clothing.

Members are expected to interact with others in a respectful and positive manner. Of course, every Member should treat others in the same manner as they would like to be treated.

Steps will be taken to maintain a pleasant and peaceful atmosphere in the Center. Unacceptable conduct as described above could result a suspension in your membership. The Center reserves the right to enforce all rules to protect the rights of all Members.



Our Pledge To You

Thank you for becoming a Member of the Life Enrichment Center at Oyster Bay family. We hope that you will take full advantage of the many programs the Center offers. We will continue to develop new and exciting opportunities for you to enjoy.

If over time, it becomes difficult to continue visiting the Center, we promise to do our best to develop a plan to address your needs.

If at any time you are in need of support please feel free to contact us. Our social services coordinator is available to meet with you or your family should you need advice or guidance regarding a physical, mental or emotional challenge. Our goal is to assist in any way possible.



Transportation *

Roundtrip lunch transportation: Available Monday through Friday to individuals living in Bayville, Brookville, East Norwich, Lattintown, Locust Valley, Matinecock, Mill Neck, Muttontown, North Syosset, Oyster Bay, Oyster Bay Cove and Woodbury. Reservations must be made one day in advance by calling the Program Office (516) 922-1770. A voluntary round trip contribution is requested*.

Elderly Transportation Service (ETS): Transportation can be provided for non-emergency medical, dental and social service appointments. A suggested donation per mile is requested. Please call Mimi for reservations one week in advance at (516) 922-6422.

Supermarket Shopping Bus: Transportation is available every Wednesday at 12:45 p.m. from the Center to Stop and Shop and returns you to your home. Reservations must be made one day in advance by calling the Program Office at (516) 922-1770. *The Supermarket Shopping Bus Program is supported by AHOLD Corporation (Stop and Shop).*

Bus Drivers



John Cosgrove



Chris Judge



Dan McGowan

Daily Activities

The Center offers a wide variety of day and evening fitness, wellness and entertainment activities. A monthly calendar describing the activities is mailed or emailed to Members.

Activities include:

- Fitness Classes: Yoga, Tai Chi, Strength Training, Aerobics and Dance
- Wellness: Lectures, health screenings, workshops
- Entertainment: Bingo, monthly celebrations, music, dancing
- Brain Fitness: Weekly Mahjong, Bridge, card games
- Computer Access: WIFI and computers are available in our Library
- "Happy Hookers": Knitting and Crocheting Club
- Special Events: Dances, Auctions, Trips and Tours

Contributions are requested for certain activities including fitness classes. Please inquire with the Program Office.

Community Benefits and Services

Social Services

Social Services are a very important benefit the Center provides the community. Services include but are not limited to:

- Geriatric needs assessment, counseling, advocacy, benefits and entitlement review
- Referrals to community resources
- Support and guidance when a higher-level of care is needed. A full range of information resources are offered
- Telephone reassurance and homebound programs
- Social and support groups

Special Considerations: If you require special accommodations, the Social Services Coordinator will discuss with you how to best meet your needs. Call Beth Spickler-Lerman, LMSW, at (516) 922-1770 ext.305.

Group Discussions

Senior Chat: Senior Chat is a lively discussion group that meets every Friday at 10:45 a.m. in the 2nd floor Meeting Room. The group covers a wide range of topics from aging issues to interesting facts and trivia. It is a great opportunity to get to know other members and to have fun!

Men's Group/Women's Group: Groups meet twice monthly. **Men:** 2nd & 4th Thursday. **Women:** 1st & 3rd Wednesday. Lively discussion and overall fun! Every one is welcome.

Veterans Group: Open to all Veterans. Meets the 3rd Wednesday of every month at 11:00 in the 2nd floor Meeting Room. Come meet other Veterans to share stories and experiences from your time in service and to discuss current issues affecting Veterans. The group also hosts guest speakers on topics related to Veterans issues including VA benefits, PTSD and Veterans Programs.

Caregiver Support Group: Meetings are open to the public and are held twice monthly in the Center from 5:00 p.m. to 6:00 p.m. For a schedule of upcoming meetings, please call Ruth Humphreys, Day Break Program Coordinator, at (516) 558-7211.

See our monthly activity calendar for Group Discussion dates.

Day Break, a **Social Model Adult Day Care Program**, is dedicated to providing high-quality, affordable therapeutic services to frail and memory impaired seniors. Day Break offers a safe, comforting and socially engaging environment.

The Day Break Program is open five days a week with flexible hours. A nutritious lunch and afternoon snack are served. Round trip transportation is available. Methods of payment for this fee based program include Long-Term Health Care Insurance, Medicaid MLTC and private payment. The program is located at Christ Church in the Parish Hall, 61 E. Main Street in Oyster Bay, NY. For more information or to make arrangements for a complimentary trial visit, please call Ruth Humphreys, Program Coordinator at (516) 558-7211.

Registered Nurses are available Monday through Friday from 10 a.m. to noon to provide blood pressure screenings and answer general medical questions. Flu shots and medical screenings are provided throughout the year.

Home Care Referral Resource Book containing a roster of home health care aides, companions and housekeepers is available. Call our Social Services Coordinator, Beth Spickler-Lerman, LMSW, at (516) 922-1770 ext.305.

The Silver Threads Thrift Shop is open Monday - Friday from 10 a.m. to 2 p.m. and select evenings. Gently used clothing, shoes and accessories are available for very reasonable prices. Donated items for the shop are welcome.

The **Food Pantry** is open daily offering canned goods and other non-perishables to people in need. In addition, we have partnered with Catholic Charities Commodity Supplemental Food Program which offers: canned meat, fruits, vegetables, cheese and other food once a month. For information please call our Social Services Coordinator, Beth Spickler-Lerman, LMSW, at (516) 922-1770 ext.305.

A fully-equipped **Fitness Center** is available to the public during normal operating hours for a reasonable fee.

Committees and Volunteer Opportunities

A Senior Advisory Board (SAB) comprised of Members supports the Center through committees. Members are urged to consider volunteering their time to assist with this important work. SAB Committees include: Activities, Friendly Visiting, Hospitality, Special Events, Silver Threads Thrift Shop, Trips & Tours, and Gift Shop. For a complete list of volunteer opportunities speak with the Program Office or the Executive Office.