

Event For Expecting Parents To Be Held In Plainview

Are you thinking of growing your family, currently pregnant or a parent of young children? Meet other expecting Long Islanders and parents from the community, while learning from professional speakers specializing in preconception health to early childhood at the sixth annual Pregnant Island Local Family Event taking place in Plainview.

Eleana Kaidanian, registered dietitian of Long Island Nutritionist started the event back in 2014 when she was expecting her first child and felt a lack of community opportunities for parents and parents-to-be not only to socialize but to also learn the most up-to-date information that they could use right away while raising their children.

“As a parent and health professional, I realized that many of the recommendations provided in my field of expertise changed between the time I had my first child to just two years later when I had my second,” said Kaidanian. “With my first I was taught that foods had to be introduced to the infant in a certain order by food group. Now I teach families that foods from different food groups can be introduced in any order with the recommendation that there be several days to a week in between to rule out any allergies. I quickly realized that this must be the case with other professions as well.”

This year’s speakers include childbirth educator and registered nurse Michele Mesbah of Mesbah OBGYN



A parent with their newborn child at the Pregnant Island event
(Photo courtesy of Pregnant Island)

and family dentist Dr. Parul D. Makkar of PDM Family Dental in Hicksville. The event is not

only educational but great fun, so much so that many attendees come back again each year.

“I’ve been to this event twice,” said Rachel R., a 2018 Pregnant Island attendee. “Once before I was pregnant and again the following year when I was carrying my first born. The speakers and the vendors have truly helped my husband and I learn valuable information, as well as help us make important family decisions. We are looking forward to attending this year’s event, this time with our son,”

Pregnant Island supports local businesses as well by showcasing them as vendors at the event. Attendees get a taste of the services that they can use to their benefit, including My Gym of Huntington and Song for

Seeds of Roslyn just to name a few. Lastly, high-end prizes are distributed throughout the event to lucky attendees to take home including highly coveted items such as a Guava Family Lotus Travel Crib, DockATot and services such as a baby photo shoot provided by Award Studio 10. No babysitter? No worries. This is a family friendly event with complimentary on site babysitting.

The sixth annual Pregnant Island Local Parenting Event takes place on Sunday, May 19, at Hebrew Academy of Nassau County located at 25 Country Dr. in Plainview from 12 to 2:30 p.m. Tickets can be purchased in advance online at www.pregnantisland.com. Kids can come free.

—Submitted by Pregnant Island

YOUR COMMUNITY CALENDAR

WEDNESDAY, MAY 8

Film Screening

The Plainview-Old Bethpage Library will be screening



A Star Is Born (2018) at 2:30 p.m. with an encore presentation at 7:30 p.m. The runtime is about 136 minutes. The film is rated R. Free admission.

Public Budget Hearing

The public is invited to the Plainview-Old Bethpage Library as they hold a hearing to go over the latest budget. The meeting will be held in the combined meeting rooms C and D from 6:30 to 9 p.m.

FRIDAY, MAY 10

Senior Awareness

Assemblyman Charles

Lavine and the office of NYS Attorney General Letitia James will host a discussion on Senior Awareness and how to recognize and avoid potential scams that we face today. The discussion will be held at 11 a.m. in the Mid-Island Y JCC.

SATURDAY, MAY 11

Mounted Cowboy Shooting Show

The Old Bethpage Restoration Village will be hosting a show starring The Island Long Riders, New York’s original cowboy-mounted shooting group. Riders race their horses as they speed through several different courses while shooting balloons. This safe, family-friendly event is fun and safe for all

ages. The show begins at 11 a.m.

MONDAY, MAY 13

Board Meeting

The Plainview-Old Bethpage School District will have a board of education

meeting and budget hearing in the board room of Mattlin Middle School at 7 p.m.

TUESDAY, MAY 14

Voter Registration

The Plainview-Old Bethpage School District will be registering voters for the upcoming school budget vote on May 21. It will run from 4 to 8 p.m. at either Jamaica Avenue School or Howard B. Mattlin Middle School.

ONGOING

Taize Service

On the third Sunday of each month, the Good Shepherd Lutheran Church, 99 Central Park Rd. in Plainview, holds a taize service, a candle-lit service that is meditative in nature. It consists of quiet singing, scripture, silence for meditating and prayer. All are welcome to attend. For information, call 516-349-1966.

Addictions Victorious Meeting

A weekly Christian program for those struggling with addictions of every type (alcohol, drugs, food, gambling, sex, hoarding, etc.) will be held every Thursday at 6 p.m. at the Syosset Gospel Church building at 266 Jackson Ave. Participate at no cost and both Christians and non-Christians are welcome. Visit www.bethyeshuany.org.

Mid-Island Y JCC

Tuesday Circle Entertainment Tuesdays; 11:30 a.m. to 1:30 p.m.; Age 65-plus; \$10

Wednesday Circle

Entertainment Wednesdays; 11:30 a.m. to 1:30 p.m.; Age 75-plus; \$10

Thursday Circle

Entertainment Thursdays; 12:30 to 2:30 p.m.; Age 65-plus; \$12

