



Greetings Members & Friends of Long Island Council of Churches, in order to spread the word on all the good things happening at the Long Island Council of Churches we have activated pages on Facebook, LinkedIn and Twitter. If you use any of these social medias please, like us, follow us or friend us and we will keep you very well informed. Please don't be shy about sharing this information with friends and associates. Please click one of the icons below to be directed to the respective link.



[Facebook](#)



[LinkedIn](#)



[Twitter](#)

Thank you and have a blessed day.



We're participating in the

# Community Bag Program



We will receive a \$1 donation every time the \$2.50 reusable Community Bag is sold this month at the Stop & Shop located at:

905 Atlantic Avenue, Baldwin NY  
in the month of February

# MOST NEEDED ITEMS

We strive to offer a diversity of food that helps balance nutrition intake and diet, especially important to children, seniors, and those with health challenges.



Your ongoing support in donated food or grocery store gift cards to the Long Island Council of Churches Freeport Food & Services Boutique located at 230 Hanse Avenue, Freeport, NY helps us achieve our mission. Thanks in advance for your donation, Freeport Staff, 516.868.4989

## MEAT, FISH AND PROTEIN

Canned tuna, ham, or chicken, peanut butter, canned/dried beans

## FRUITS AND VEGETABLES

Canned fruits and vegetables, fresh produce

## COMPLETE MEALS

Boxed meals, hearty soups

## GRAINS

Rice, pasta

## COOKING BASICS

Flour, sugar, oil

## SPECIAL DIETARY FOODS

Gluten-free, low-sugar, low-sodium

## PERSONAL CARE PRODUCTS

Shampoo, deodorant, soap, toothpaste, diapers, toilet paper, feminine hygiene products



**No one should go hungry.**

[www.licc-ny.org](http://www.licc-ny.org)



# Most Wanted Items High Fiber, Low Sugar, Low Sodium

Freeport Food & Services Boutique | 516.869.4989

**Peanut Butter**  
creamy or chunky



**Lean Canned Protein**  
tuna, salmon or chicken in water



**Canned Vegetables**  
low sodium or no salt added



**Canned Fruits**  
in its own juice or water



**Tomato Products**  
spaghetti sauce and dried tomatoes



**Beans**  
canned or dry



**Whole Grain Cereal**  
hot or cold



**Whole Grains**  
pasta, brown rice, quinoa



**Healthy Snacks**  
fruit cups, raisins, granola bars



Please no glass containers of any kind. Thank you.

**Serving our Neighbors in Need**  
**230 Hanse Avenue, Freeport, NY**

# COMMUNITY LEGAL HELP PROJECT NASSAU COUNTY

**DO YOU NEED HELP WITH A LEGAL PROBLEM?**  
**FREE Limited Legal Assistance is Available on the  
Following Topics:**

- PUBLIC BENEFITS
- IMMIGRATION
- HOUSING
- CONSUMER CRIME VICTIMS



**TUESDAY, FEBRUARY 4, 2019, 4:00-7:00 p.m.**  
**UNIONDALE PUBLIC LIBRARY**  
**400 UNIONDALE AVENUE**  
**UNIONDALE, NEW YORK 11553**

**FOR INFORMATION OR AN APPOINTMENT PLEASE CALL:**

**516-281-7422**



**SERVICES PROVIDED BY:**

Hofstra University Law School  
Health & Welfare Council of Long Island  
Nassau Suffolk Law Services  
New York Legal Assistance Group  
Nassau County Bar Association



- Meet one-on-one with a volunteer attorney for legal guidance and direction (NOTE: attorneys will not provide free legal representation)
- Maximum length of consultation should be 20 to 30 minutes

# PROYECTO DE AYUDA LEGAL COMUNITARIA CONDADO DE NASSAU

¿NECESITA AYUDA CON UN PROBLEMA LEGAL?

Asistencia legal limitada GRATUITA está disponible en los siguientes temas:

- BENEFICIOS PUBLICOS
- IMMIGRACION
- VIVIENDA
- VICTIMAS DE DELITOS DE CONSUMOS



**MARTES**

**4 de FEBRERO, 2020**

**4:00 P.M. – 7:00 P.M.**

**EN LA**

**BIBLIOTECA PUBLICA DE UNIONDALE**

**400 UNIONDALE AVENUE**

**UNIONDALE, NEW YORK 11553**



SERVICIOS PROPORCIONADOS POR:  
Universidad de Hofstra Escuela de Derecho  
Consejo de Salud y Bienestar de Long Island  
Nassau Suffolk Servicios Legales  
Grupo de Asistencia Legal New York  
Asociación de Abogados de Nassau County  
Centro de Justicia Empire



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- Reúnase personalmente con un abogado voluntario para obtener guía y orientación (Nota: los abogados no brindarán representación legal gratuita)
- La duración máxima de la consulta debe ser de 20 a 30 minutos.

**PARA MAS INFORMACION O UNA CITA POR FAVOR LLAMA:**

**516-281-7422**



**FEB 11TH 2019**

**12:30 PM**

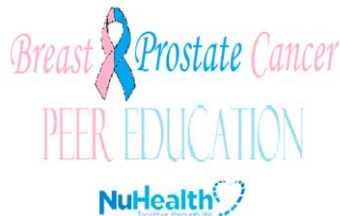
**LICC EMERGENCY FOOD  
PANTRY**

**230 HANSE AVENUE  
FREEPORT, NY 11520  
BREAST AND PROSTATE  
CANCER EDUCATION**

**Description of Event**



Breast cancer is the most common cancer among women in New York State. Prostate cancer is the second most common cancer among men in New York. The Breast and Prostate Cancer Peer Education Program at NUMC provides education to men and women age 50 and older about breast and prostate cancer. We can answer your questions and assist you with your healthcare needs



**ARE YOU  
UNSURE  
OF WHEN  
TO BE  
SCREENED  
FOR  
BREAST  
CANCER?  
DO YOU  
KNOW THE  
RISK  
FACTORS  
FOR  
PROSTATE  
CANCER?**

**SE HABLA  
ESPAÑOL.**

**NUMC BREAST  
AND PROSTATE  
CANCER PEER  
EDUCATION  
PROGRAM  
NASSAU  
UNIVERSITY  
MEDICAL  
CENTER  
2201 HEMPSTEAD  
TURNPIKE EAST  
MEADOW, NY 11554  
516-296-3355  
kdonohue@numc.e  
du**



**FEBRERO 11, 2019**

**12:30 PM**

**LICC DISPENSA DE  
ALIMENTOS**

**230 HANSE AVENUE  
FREEPORT NY 11520**

**PRESENTACION SOBRE EL  
CANCER DE MAMA Y LA  
PROSTATA**

**Descripcion de Evento**

El cancer de mama es el cancer mas comun en el Estado de Nueva York. El cancer de la prostata es el cancer segundo mas comun en el Estado de Nueva York. El Programa de Educacion entre Iguales de el Cancer de la Prostata y Mama de NUMC proporciona educacion a hombres y mujeres de la edad de 50 anos y adelante sobre el cancer de la prostata y mama. Nosotros podemos responder preguntas y ayudarlos con sus necesidades de salud.

*Breast Prostate Cancer*

PEER EDUCATION

NuHealth

**USTED SABE**

**CUANDO TIENE**

**QUE EMPEZAR**

**SUS EXAMENES**

**PARA EL**

**CANCER DE**

**MAMA?**

**USTED SABE LOS**

**FACTORES DE**

**RIESGO DEL**

**CANCER DE LA**

**PROSTATA?**

**SE HABLA  
ESPAÑOL.**

**NUMC PROGRAMA**

**DE EDUCACION**

**ENTRE IGUALES DE**

**EL CANCER DE LA**

**PROSTATA Y LA**

**MAMA**

**NASSAU**

**UNIVERSITY**

**MEDICAL CENTER**

**2201 HEMPSTEAD**

**TURNPIKE EAST**

**MEADOW, NY 11554**

**516-296-3355**

**KDONOHUE@NUMC.E**

**DU**



# YouthBuild Long Island



## On The Right Track

YouthBuild Long Island is a signature program of United Way of Long Island, dedicated to changing the path of Long Island's at-risk young adults by addressing the core issues facing low-income communities: housing, education, employment, crime prevention, and leadership development. At YouthBuild, low-income young men and women, ages 18 - 24, work towards their TASC High School Equivalency Diploma while learning essential job skills. Serving young adults from Brentwood, Central Islip and The Incorporated Village of Hempstead.



Participants can choose from a variety of vocation training paths including:

- Building Trades & Weatherization
- Certified Nursing Assistant (CNA)
- Home Health Aide
- Food Manager Certification
- Manufacturing
- Medical Billing & Coding
- Digital Skills
- Early Child Care

YouthBuild Long Island graduates take away the skills that are necessary to succeed on any career path: • Customer Service • Computer Literacy • Career Readiness

Support of the YouthBuild program gives young men and women a second chance to establish a productive life. [www.unitedwayli.org/youthbuildli](http://www.unitedwayli.org/youthbuildli)



Funded by: • The Albanese Organization • AT&T • Bank of America Charitable Foundation • Bethpage Federal Credit Union BNB Bank • Byron T. & Ruth D. Miller • Capital One • Citi Ventures • Countess Moira Charitable Foundation  
The Grainger Foundation • Island Outreach Foundation • MSC Industrial Direct Co. Inc. • National Grid • NYSERDA  
New York State Department of Labor • Pritchard Charitable Trust • U.S. Department of Labor • Veronica B. Renken  
Wells Fargo • TriState Capital Bank • The Winston Foundation

For more information on YouthBuild, contact:

**Jenette Adams, LMSW, Program Director, YouthBuild**  
 JAdams@unitedwayli.org • 631.940.3707  
 United Way of Long Island, 819 Grand Blvd., Deer Park, NY 11729

United Way of Long Island is an equal opportunity employer and YouthBuild is an equal opportunity program. The YouthBuild Long Island program offers auxiliary aid, services and activities upon request, to individuals with disabilities. The YouthBuild program is federally funded by the United States Department of Labor.



**Hispanic Counseling Center**

*Opening doors to the future for Long Island children and Families.*

**ESPRI**  
VILLAGE OF HEMPSTEAD

Empire State Poverty  
Reduction Initiative

# HEMPSTEAD COMMUNITY HEALTH CONNECTIONS PROGRAM



## **NEED HELP CONNECTING TO/OR ACCESSING HEALTH CARE SERVICES?**

**Community Health Workers will provide you with assistance  
and linkage to Community Health Resources such as:**

- ❖ Case Management
- ❖ Health Insurance
- ❖ Trauma Related Behavioral Health
- ❖ Area Providers
- ❖ Metro cards
- ❖ Mental Health & Substance Abuse

For more information please call your Community Health Worker Camila Beltran (516) 538-2613 Ext. 285 (*Free Program*)



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VILLAGE OF HEMPSTEAD

Empire State Poverty  
Reduction Initiative

# PROGRAMA DE CONEXIÓN EN SALUD COMUNITARIA DE LA VILLA DE HEMPSTEAD



## **¿NECESITA AYUDA PARA CONECTARSE O ACCEDER A LOS SERVICIOS DE ATENCIÓN MÉDICA?**

**Los Trabajadores Comunitario de Salud le brindarán asistencia y los vincularán a los recursos comunitarios de salud, tales como:**

- ❖ Coordinación de Caso
- ❖ Seguro de Salud
- ❖ Salud Mental Relacionada con Trauma
- ❖ Proveedores de Salud en el Área
- ❖ Tarjetas de Bus
- ❖ Salud Mental y Abuso de Sustancias

Para obtener más información, llame a su Trabajador Comunitario de Salud Yessi Torres (516)538-2613, Ext. 286  
*(Programa Totalmente Gratis)*

# WE ARE YOUR DOL

Andrew M. Cuomo, Governor



Roberta Reardon, Commissioner

## INTERNET JOB SEARCH RESOURCES

### GENERAL JOB LISTING AND RESUME POSTING SITES

**JobZone - Career Management Website:** [www.jobzone.ny.gov](http://www.jobzone.ny.gov) (Log in with NY.Gov Username and Password)

**New York State Job Bank:** <http://myjobs.ny.gov>

[www.indeed.com](http://www.indeed.com)

[www.snagajob.com](http://www.snagajob.com)

[www.theladders.com](http://www.theladders.com)

[www.ziprecruiter.com](http://www.ziprecruiter.com)

[www.glassdoor.com](http://www.glassdoor.com)

[www.monster.com](http://www.monster.com)

[www.careerbuilder.com](http://www.careerbuilder.com)

[www.themuse.com](http://www.themuse.com)

[www.job.net](http://www.job.net)

[www.simplyhired.com](http://www.simplyhired.com)

[www.employmentguide.com](http://www.employmentguide.com)

[www.linkup.com](http://www.linkup.com)

### CAREER INFORMATION SITES

NEW YORK STATE DEPT. OF LABOR

[www.labor.ny.gov](http://www.labor.ny.gov)

SUFFOLK COUNTY DEPT. OF LABOR

[www.suffolkcountyny.gov/Labor](http://www.suffolkcountyny.gov/Labor)

CareerOneStop

[www.careeronestop.org](http://www.careeronestop.org)

Occupational Outlook Handbook

[www.bls.gov/ooh](http://www.bls.gov/ooh)

O\*Net Online (job titles and descriptions)

[www.onetonline.org](http://www.onetonline.org)

### GOVERNMENT AND CIVIL SERVICE JOB SITES

Federal

[www.usajobs.gov](http://www.usajobs.gov)

U.S. Customs and Border Protection

[www.cbp.gov/careers](http://www.cbp.gov/careers)

New York State

[www.cs.ny.gov](http://www.cs.ny.gov)

State Jobs New York

[www.statejobsny.com](http://www.statejobsny.com)

NYS Unified Court System

[www.nycourts.gov/careers](http://www.nycourts.gov/careers)

New York City

[www1.nyc.gov/jobs/](http://www1.nyc.gov/jobs/)

Nassau County (residency required)

[www.nassaucivilservice.com](http://www.nassaucivilservice.com)

Suffolk County (residency required)

[www.suffolkcountyny.gov/civil-service](http://www.suffolkcountyny.gov/civil-service)

### LOCAL JOB SEARCH WEBSITES

Long Island Job Finder

[lijobfinder.com](http://lijobfinder.com)

Times Beacon

[tbrnewsmedia.com/classifieds](http://tbrnewsmedia.com/classifieds)

New York Times

[www.nytimes.com/section/jobs](http://www.nytimes.com/section/jobs)

27east.com

[www.27east.com/hamptons-classifieds](http://www.27east.com/hamptons-classifieds)

Dan's Papers

[www.danspapers.com/hamptons-classifieds](http://www.danspapers.com/hamptons-classifieds)

Hauppauge Industrial Association

[www.hia-li.org/membership/jobs](http://www.hia-li.org/membership/jobs)

Stony Brook University

[www.stonybrook.edu/jobs](http://www.stonybrook.edu/jobs)

### HISPANIC & BI-LINGUAL

[www.ihispano.com](http://www.ihispano.com)

[www.latpro.com](http://www.latpro.com)

[www.bilingualcrossing.com](http://www.bilingualcrossing.com)

### GREEN COLLAR JOBS

[greenjobsearch.org](http://greenjobsearch.org)

[www.renewableenergyjobs.com](http://www.renewableenergyjobs.com)

[www.greencareersny.com](http://www.greencareersny.com)

### NON-PROFIT JOBS

[www.nonprofitjobs.org](http://www.nonprofitjobs.org)

[www.idealists.org](http://www.idealists.org)

[www.workforgood.org](http://www.workforgood.org)

### RECENT COLLEGE GRADUATES

[www.aftercollege.com](http://www.aftercollege.com)

[collegegrad.com](http://collegegrad.com)

[www.collegerecruiter.com](http://www.collegerecruiter.com)

### MATURE WORKERS

[www.retirementjobs.com](http://www.retirementjobs.com)

[www.seniors4hire.org](http://www.seniors4hire.org)

[www.seniorjobbank.org](http://www.seniorjobbank.org)

### VETERANS

[www.recruitmilitary.com](http://www.recruitmilitary.com)

[www.military.com](http://www.military.com)

[www.veterans.jobs](http://www.veterans.jobs)

[vetjobs.com](http://vetjobs.com)

## **JOB SEARCH WEBSITES BY INDUSTRY**

### **ACCOUNTING/FINANCE**

[www.careerbank.com](http://www.careerbank.com)  
[ww2.cfo.com](http://ww2.cfo.com)  
[www.efinancialcareers.com](http://www.efinancialcareers.com)

### **ADMINISTRATIVE**

[www.admincrossing.com](http://www.admincrossing.com)

### **AUTOMOTIVE**

[asap411.com](http://asap411.com)  
[www.autojobs.com](http://www.autojobs.com)  
[www.actautostaffing.com](http://www.actautostaffing.com)

### **CHILDCARE / CAREGIVERS**

[www.babysitters4hire.com](http://www.babysitters4hire.com)  
[www.care.com](http://www.care.com)  
[www.greataupair.com](http://www.greataupair.com)  
[www.sittercity.com](http://www.sittercity.com)

### **COMPUTER / IT / TECH**

[www.computerjobs.com](http://www.computerjobs.com)  
[www.computerwork.com](http://www.computerwork.com)  
[www.dice.com](http://www.dice.com)  
[toptechjobs.com](http://toptechjobs.com)  
[stackoverflow.com](http://stackoverflow.com)

### **CREATIVE**

[www.coroflot.com](http://www.coroflot.com)  
[www.behance.net](http://www.behance.net)  
[archinect.com](http://archinect.com)  
[www.nyfa.org](http://www.nyfa.org)  
[stylecareers.com](http://stylecareers.com)  
[www.entertainmentcareers.net](http://www.entertainmentcareers.net)  
[www.karmalicity.com](http://www.karmalicity.com)  
[www.mediabistro.com](http://www.mediabistro.com)  
[www.mandy.com](http://www.mandy.com)  
[www.talentzoo.com](http://www.talentzoo.com)

### **CONSTRUCTION**

[constructionjobs.com](http://constructionjobs.com)

### **CULINARY**

[www.acfchefs.org](http://www.acfchefs.org)  
[culinaryagents.com](http://culinaryagents.com)  
[www.jobsonthemenue.com](http://www.jobsonthemenue.com)

### **ENGINEERING**

[www.engineerjobs.com](http://www.engineerjobs.com)  
[www.engineer-jobs.com](http://www.engineer-jobs.com)

### **EDUCATION**

[www.pnwbooces.org/olas](http://www.pnwbooces.org/olas)  
[www.schoolspring.com](http://www.schoolspring.com)  
[www.teachingjobs.com](http://www.teachingjobs.com)  
[www.topschooljobs.org](http://www.topschooljobs.org)  
[www.higheredjobs.com](http://www.higheredjobs.com)  
[www.teachers-teachers.com](http://www.teachers-teachers.com)  
[www.achievementfirst.org](http://www.achievementfirst.org)  
[careers.nais.org](http://careers.nais.org)  
[www.hercjobs.org](http://www.hercjobs.org)

### **FACILITIES MANAGEMENT**

[www.appa.org](http://www.appa.org)

### **HEALTHCARE / LABORATORY**

[www.healthcareers.com](http://www.healthcareers.com)  
[www.healthcareerweb.com](http://www.healthcareerweb.com)  
[www.miracleworkers.com](http://www.miracleworkers.com)  
[www.dentalpost.net](http://www.dentalpost.net)

### **HOSPITALITY / EVENT PLANNING**

[www.hcareers.com](http://www.hcareers.com)  
[www.hospitalityonline.com](http://www.hospitalityonline.com)  
[www.meetingjobs.com](http://www.meetingjobs.com)

### **HOUSEHOLD**

[estatejobs.com](http://estatejobs.com)

### **LEGAL**

[lawjobs.com](http://lawjobs.com)  
[www.legalstaff.com](http://www.legalstaff.com)

### **LOGISTICS / TRANSPORTATION**

[www.jobsinlogistics.com](http://www.jobsinlogistics.com)  
[www.transportationcrossing.com](http://www.transportationcrossing.com)  
[www.careersingear.com](http://www.careersingear.com)

### **MANUFACTURING / PRODUCTION**

[www.manufacturingworkers.com](http://www.manufacturingworkers.com)  
[http://www.productionjobs.com](http://http://www.productionjobs.com)

### **PROJECT MANAGEMENT**

[pmlinc.org](http://pmlinc.org) - Local  
[www.pmi.org](http://www.pmi.org) - National

### **SALES**

[www.salestrax.com](http://www.salestrax.com)  
[www.salesheads.com](http://www.salesheads.com)  
[www.salesjobs.com](http://www.salesjobs.com)  
[www.salesgravy.com](http://www.salesgravy.com)

### **SCIENCE**

[www.nature.com/naturecareers](http://www.nature.com/naturecareers)  
[aas.org/careers](http://aas.org/careers)  
[www.aps.org/careers](http://www.aps.org/careers)

### **SECURITY / LOSS PREVENTION**

[Careercenter.asisonline.org/jobs](http://Careercenter.asisonline.org/jobs)  
[www2.lpjobs.com](http://www2.lpjobs.com)

### **SOCIAL SERVICES**

[www.socialservice.com](http://www.socialservice.com)

### **SPORTS**

[www.teamworkonline.com](http://www.teamworkonline.com)

### **TITLE INSURANCE**

[titleboard.ejob.center](http://titleboard.ejob.center)

### **TRAVEL INDUSTRY**

[hottraveljobs.com](http://hottraveljobs.com)

# Need Help?

Finding a Career? Obtaining Job/ Vocational Training?  
Receiving Counseling? Becoming Financially Self-Sufficient?

Do you live in the **Village of Hempstead**? Here's your opportunity to receive the assistance you need through **ESPRI** (Empire State Poverty Reduction Initiative), an initiative to help residents receive in-demand services.

Contact the following agencies or for more information visit [www.villageofhempsteadespri.org](http://www.villageofhempsteadespri.org)



- **Community Development Corporation of Long Island** provides financial literacy and long-term financial coaching sessions for low- to moderate-income families. Contact **631.471.1215 ext.109**
- **Family and Children's Association** provides college and career readiness program for high school students by helping them attain placement test scores needed to avoid remedial non-credit college courses. Contact: **516.486.7690**
- **Town of Hempstead Department of Occupational Resources** assists residents, 18 and over by offering education and training in demand-driven occupations such as healthcare, business services, manufacturing and hospitality. Contact: **516.485.5000**
- **Woman's Opportunity Rehabilitation Center (WORC)** will provide vocational job training and soft skills training for women who are ex-offenders or at risk of incarceration. Contact: **516.505.9672**
- **The Interfaith Nutrition Network (The INN)** provides mental health/substance abuse services for very low income and homeless individuals who face multiple barriers to accessing services. Contact: **516.489.3238**
- **Hispanic Counseling Center** has established a community health worker program to reduce challenges and barriers for community residents. Contact: **516.538.2613 ext.207**
- **Leadership Training Institute (LTI)** provides vocational training leading to gainful employment for individuals 18 years of age and older. Contact: **516.483.3400**
- **Village of Hempstead Community Development Agency** has established a community empowerment resource center. Contact: **516.485.5737**
- **Morrison Mentors** provides after-school STEM enrichment classes and peer-to-peer mentoring for students in the Hempstead school district. Contact: **917.324.3462**

## GRANT RECIPIENTS



*The Village of Hempstead was selected as one of 16 communities statewide to participate in the Empire State Poverty Reduction Initiative (ESPRI). The goal of ESPRI is to promote community-led change that ensures children and families in Hempstead have the opportunity to live in a stable environment where the promise of economic mobility is a reality. ESPRI funding is administered by United Way of Long Island.*

# ¿Necesitas ayuda para

Encontrar una carrera? Obtener capacitación laboral/vocacional?  
Recibir orientación? Tener autosuficiencia económica?

¿Vives en la localidad de **Hempstead**? Esta es tu oportunidad de recibir la ayuda que necesitas a través del ESPRI (Programa de Reducción de Pobreza de Empire State), un plan para ayudar a los residentes a recibir servicios en demanda. Contáctate con las siguientes agencias o, para más información, visita [www.villageofhempsteadespri.org](http://www.villageofhempsteadespri.org)



- **Community Development Corporation of Long Island** Ofrece sesiones orientativas financieras a largo plazo para familias de ingresos bajos a moderados. Contacto: **631.471.1215 ext.109**
- **Family and Children's Association** Ofrece un programa de preparación para carreras universitarias a los alumnos secundarios, ayudándolos a alcanzar los puntajes de evaluación necesarios para evitar las clases de apoyo universitario sin créditos. Contact: **516.486.7690**
- **Departamento de Recursos Ocupacionales de la Localidad de Hempstead** Asiste a los residentes mayores de 18 años ofreciéndoles educación y capacitación en ocupaciones de gran demanda, como atención médica, servicios comerciales, fabricación y hotelería. Contacto: **516.485.5000**
- **Woman's Opportunity Rehabilitation Center (WORC)** Ofrece capacitación en trabajos vocacionales y habilidades interpersonales a mujeres que han cometido delitos o corren el riesgo de ir a la cárcel. Contacto: **516.505.9672**
- **The Interfaith Nutrition Network (The INN)** Ofrece servicios de salud mental/abuso de sustancias a personas de muy bajos ingresos/sin vivienda que tienen dificultades para acceder a servicios. Contacto: **516.489.3238**
- **Hispanic Counseling Center** Cuenta con un programa comunitario de trabajadores de la salud para reducir los problemas y dificultades de los residentes de la comunidad. Contacto: **516.538.2613 ext.207**
- **Leadership Training Institute (LTI)** Ofrece capacitación vocacional para conseguir un empleo remunerable a personas mayores de 18 años. Contacto: **516.483.3400**
- **Agencia de Desarrollo Comunitario de la Localidad de Hempstead** Cuenta con un centro de recursos de empoderamiento comunitario. Contacto: **516.485.5737**
- **Morrison Mentors** Ofrece clases después de la escuela para enriquecer los conocimientos de ciencia, tecnología, ingeniería y matemática. Además de asesoramiento entre pares para los alumnos del distrito escolar de Hempstead. Contacto: **917.324.3462**

## BENEFICIARIOS DEL SUBSIDIO



La Villa de Hempstead fue seleccionada como una de las 16 comunidades del estado para participar del Programa de Reducción de Pobreza de Empire State (ESPRI, por sus siglas en inglés). El objetivo del ESPRI es promover un cambio desde la comunidad que permita a los niños y familias de Hempstead la oportunidad de vivir en un entorno estable, donde la promesa de movilidad económica sea una realidad. Los fondos del programa ESPRI son administrados por United Way of Long Island.



## Workshops in Spanish FREE FOR THE FAMILY

### VISIT TO HISPANIC COUNSELING CENTER:

*Presenter: Hispanic Counseling Center.*

**January 16th 2019 from 10am -11.30am- 344 Fulton Ave, Hempstead, NY 11550**

**KNOW YOUR RIGHTS:** Presentation by the Office of Immigrants Affairs at NCDA. Information will be given on how to avoid scams and where to file a complain when you are a victim of scams by lawyers/business or other.

*Presenter: Silvia Finkelstain, Office for Immigrant Affairs at NCDA.*

**February 6 2019 from 10am -11.30am- LICIL suite 500**

**LOVE YOURSELF:** Valentines day Health Fair and workshop on healthy habits.

*Presenter: LICIL, UnitedHealthCare and Sisters United in Health*

**February 13 2019 from 10am-11.30am-UNITED HEALTHCARE OFFICE-220 Fulton Ave. Hempstead, NY**

**PRESENTATION ON ACCESS TO BENEFITS:** Information for immigrants and their rights to Access public benefits and services. *Presenter: Cheryl Keshner, Empire Justice Center*

**March 6 2019 from 10am-11:30am- LICIL suite 500**

**BREAST CANCER AND PROSTATE CANCER PROGRAM NUMC:** Learn the different services on prevention and support for people with breast cancer or prostate cancer.

*Presenter: Alyssa Domínguez Eisenberg, NUMC*

**April 3rd 2019 from 10am-11.30am- LICIL suite 500**

**HEALTH FAIR:** Community event FREE and open to the public. Community Organizations will provide information on their services.

*Presenter: UnitedHealthCare, Sisters United in Health, NYS Breast Cancer Hotline, LICIL and other organizations.*

**April 18 2019- 10am-1pm- PLACE TO BE DETERMINE**

### PRESENTATION ON YOUR RIGHTS WHEN STOPPED BY POLICE

*Presenter: Susan Gottehrer, NYCLU Nassau Chapter*

**May 1st 2019 from 10am-11.30am- LICIL suite 500**

**PRESENTATION ON PROGRAMS FOR ADULTS:** This presentation will provide information on English Classes, Citizenship Classes and literacy programs for adults.

*Presenter: Cindy Cabrera, Literacy Nassau*

**June 5th 2019 from 10am-11.30am-LICIL suite 500**

**HEALTHY LIVING WORKSHOP:** This is a presentation with information and key tips on how to live healthy

*Presented by: Angélica Medina- Sisters United in Health*

**July 3 2019 from 10am-11.30am- LICIL Suite 500**

**PRESENTATION ON DAYCARE SERVICES:** This workshop will provide information on services and programs for daycare options for families.

*Presenter: Delia Fox & Karen Correa, Childcare Council of Nassau*

**7 de August 2019 de 10am – 11.30am- LICIL suite 500**

**BACK TO SCHOOL FAIR:** Community event FREE and open to the public. School supplies will be provided to children

*Presenter: LICIL, UnitedHealthCare and other organizations.*

**August 24th 2019 from 10am -2pm- PLACE TO BE DETERMINE.**

### THE RIGHTS OF IMMIGRANT STUDENTS AND STUDENTS WITH DISABILITIES IN PUBLIC SCHOOLS

*Presenter: Lissy Escobar, Long Island Advocacy Center*

**September 4th 2019 de 10am-11.30am- LICIL suite 500**

**PRESENTATION ON IMMIGRATION :** This workshop will provide information on changes in immigration laws. An immigration lawyer will answer questions.

*Presenter: Keiko Cervantes- Ospina, Community Legal Advocates of NY Inc.*

**October 2nd 2019 from 10am-11.30am- LICIL suite 500**

**HEAT ASSISTANCE PROGRAM:** Information on assistance with paying heat bill will be provided.

*Presenter: PSEG Long Island*

**November 6 2019 from 10am-11.30am- LICIL suite 500**

**FIESTA CELEBRATION December 6 2019 from 1 - 4pm at LICIL suite 500!**

To RSVP email: [Osmanc@licil.com](mailto:Osmanc@licil.com) or call: 516-796-6176.

**Long Island Center for Independent Living,  
3601 Hempstead Turnpike, Suite 500, Levittown, NY 11756  
Tel: 516-796-6176 TTY: 516-796-0135 [www.licil.net](http://www.licil.net)**





## Talleres en Español

### Completamente GRATIS para toda la familia

#### VISITA A HISPANIC COUNSELING CENTER:

*Presentado por:* Hispanic Counseling Center.

**16 de Enero 2019 de 10am -11.30am- 344 Fulton Ave, Hempstead, NY 11550**

CONOCE TUS DERECHOS: Presentación por la Oficina de Asuntos para el Inmigrante en el condado de Nassau. Se proveerá información de cómo evitar estafas y a donde hacer denuncias por falta de pago salarial, estafas por abogados/negocios u otros.

*Presentado por:* Silvia Finkelstain, Oficina de Asuntos para el Inmigrante de NCDA.

**6 de Febrero 2019 de 10am -11.30am- LICIL suite 500**

AMATE A TI MISMO: Valentines Day Feria de Salud y taller sobre vivir saludable

*Presentado por:* LICIL, UnitedHealthCare y Sisters United in Health

**13 de Febrero 2019 de 10am-11.30am-UNITED HEALTHCARE OFFICE-220 Fulton Ave. Hempstead, NY 11550\***

PRESENTACION SOBRE ACCESO A BENEFICIOS: Información para inmigrantes y sus derechos a beneficios y servicios públicos. *Presentado por:* Cheryl Keshner, Empire Justice Center

**6 de Marzo 2019 de 10am-11:30am- LICIL suite 500**

PROGRAMA DE CANCER DE SENO Y PROSTATA EN NUMC: Aprenda los diferentes servicios de prevención y ayuda para personas con cáncer de seno y personas con cáncer de próstata.

*Presentado por:* Alyssa Domínguez Eisenberg, NUMC

**3 de Abril 2019 de 10am-11.30am- LICIL suite 500**

FERIA DE SALUD: Evento Comunitario GRATIS y abierto al público general

*Presentado por:* Hermanas Unidas en la Salud, NYS Breast Cancer Hotline, LICIL y otras organizaciones

**18 de Abril 2019- 10am-1pm- LUGAR NO HA SIDO DETERMINADO AUN.**

#### PRESENTACION SOBRE SUS DERECHOS CON LA POLICIA

*Presentado por:* Susan Gottehrer, NYCLU Nassau Chapter

**1 de Mayo 2019 de 10am-11.30am- LICIL suite 500**

#### PRESENTACION SOBRE PROGRAMAS DE EDUCACION PARA ADULTOS

*Presentado por:* Cindy Cabrera, Literacy Nassau

**5 de Junio 2019 de 10am-11.30am-LICIL suite 500**

COMO VIVIR SALUDABLEMENTE: Una sesión de información y puntos claves para vivir una vida saludable.

*Presentado por:* Angélica Medina- Hermanas Unidas en la Salud

**3 de Julio 2019 de 10am-11.30am- LICIL Suite 500**

#### PRESENTACION SOBRE SERVICIOS DE AYUDA PARA EL CUIDADO DE NIÑOS EN NASSAU

*Presentado por:* Delia Fox & Karen Correa, Childcare Council of Nassau

**7 de agosto 2019 de 10am – 11.30am- LICIL suite 500**

FERIA DE REGRESO A LA CLASES: Evento Comunitario GRATIS abierto al público general. Se proveerán materiales de escuela gratis. *Presentado por:* LICIL y otras Organizaciones Comunitarias

**24 de Agosto 2019 de 10am -2pm- LUGAR NO HA SIDO DETERMINADO AUN.**

#### DERECHOS DE ESTUDIANTES INMIGRANTES Y ESTUDIANTES CON DISCAPACIDADES

*Presentado por:* Lissy Escobar, Long Island Advocacy Center

**4 de Septiembre 2019 de 10am-11.30am- LICIL suite 500**

PRESENTACION SOBRE IMMIGRACION Y OPORTUNIDADES: Este taller le proveerá información sobre cambios de leyes en inmigración. Una abogada de inmigración contestará sus preguntas.

*Presentado por:* Keiko Cervantes- Ospina, Community Legal Advocates of NY Inc.

**2 de Octubre 2019 de 10am-11.30am- LICIL suite 500**

#### SERVICIOS DE AYUDA PARA PAGOS DE CALEFACCION:

Información sobre los servicios de ayuda para pagos de calefacción durante el invierno.

*Presentado por:* PSEG Long Island

**6 de Noviembre 2019 de 10am-11.30am- LICIL suite 500**

**¡FIESTA CELEBRACIÓN es el 6 de Diciembre 2019 de 1 - 4pm en el suite 500!**

Por favor RSVP a [Osmanc@licil.com](mailto:Osmanc@licil.com) o llamando al 516-796-6176.

Long Island Center for Independent Living,  
3601 Hempstead Turnpike, Suite 500, Levittown, NY 11756  
Tel: 516-796-6176 TTY: 516-796-0135 [www.licil.net](http://www.licil.net)



# Island Harvest Has Food for Long Island's Veterans!

**Long Island has the nation's second largest veteran population and many of these families experience tough economic times.**

- **Operation: HOPE** is a mobile food pantry program for Long Island veterans and military families in need of food assistance. Each month 60 veterans receive food.
- The goal of **Operation: HOPE** is to connect veterans and military families to veteran services and other social benefits to help the families of our servicemen and women
- The food is delivered by a veteran who is sensitive to the needs of other veterans and their families.
- Veterans and the families of active duty personnel in need of food assistance, please contact

**Jo-Val Nance**

**Office:** (631) 873-4775 ext. 221

**E Mail:** [joval@islandharvest.org](mailto:joval@islandharvest.org)

**OPERATION:  
HOPE**

Mobile Services  
Sponsored by:

The   
*Family*  
of Banks



## In Thanks to Our Servicemen and Women!

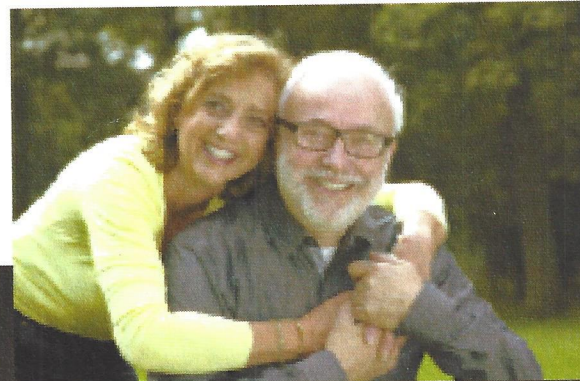
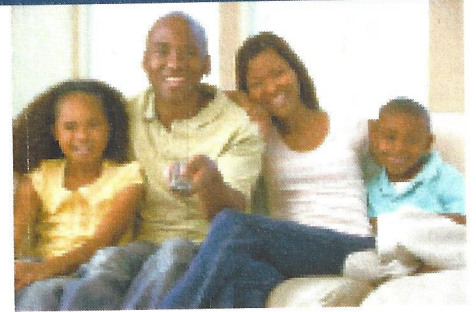
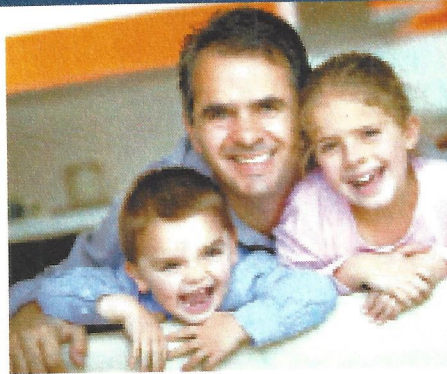
- 40 Marcus Blvd Hauppauge, N.Y. 11788 • (631) 873-4775
- 15 Grumman Rd W, Ste 1450, Bethpage, NY 11714 • (516) 294-8528
- [www.islandharvest.org](http://www.islandharvest.org)

MEMBER OF  
**FEEDING  
AMERICA**



**PSEG** LONG ISLAND

*We make things work for you.*



[www.psegliny.com](http://www.psegliny.com)

## You May Qualify **for a Discount**

if you participate in at least one of these programs:

- Home Energy Assistance Program (HEAP)
- Medicaid
- Supplemental Nutrition Assistance Program (SNAP)
- Supplemental Security Income (SSI)
- Temporary Assistance - Family Assistance (FA)
- Temporary Assistance - Safety Net Assistance (SNA)
- Veteran's Pension
- Veteran's Surviving Spouse Pension

**PSEG Long Island's Household Assistance Rate (HAR) provides a discount on every electric bill. For an application, speak with a representative or download it at [www.psegliny.com](http://www.psegliny.com), Keyword search: HAR**



**PSEG LONG ISLAND**  
*We make things work for you.*

## Household Assistance Rate Application

*(Reduced Rate for Residential Customers Receiving Benefits from Programs Below)*

**PLEASE PRINT IN INK, SIGN AT THE BOTTOM OF THE PAGE AND RETURN THIS APPLICATION TO:**

**PSEG Long Island  
ATTN: BOC/Payment Assistance  
PO BOX 9083  
MELVILLE, NY 11747**

Account Holder: \_\_\_\_\_  
  (Last)  (First)

Street Address: \_\_\_\_\_ Apartment #: \_\_\_\_\_

City: \_\_\_\_\_, NY ZIP: \_\_\_\_\_ Tel. #: \_\_\_\_\_

PSEG Long Island Customer ID or Account Number: \_\_\_\_\_

Social Security Number (last four digits only): xxx - xx - \_\_\_\_\_

### **-- Eligibility Requirements --**

Please check the program(s) from which you now receive assistance:

- Home Energy Assistance Program (HEAP)
- Medicaid
- Supplemental Nutrition Assistance Program (SNAP)
- Temporary Assistance - Family Assistance (FA)
- Temporary Assistance - Safety Net Assistance (SNA)
- Supplemental Security Income (SSI)
- Veteran's Pension
- Veteran's Surviving Spouse Pension

### **-- Documentation Required --**

Please attach a photocopy of **ONE** of the following:

Current NYS Benefit Identification Card, approval letter from SSI, approval letter from HEAP, or pension letter from the Veteran's Administration.

**I certify that the above information is correct. I agree that PSEG Long Island may contact the Nassau or Suffolk County Social Services Agencies, NYC Community Development Agency, NYC Human Resources Administration, the Veteran's Administration or any other related agency to verify the information I am submitting.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*SMW*



**PSEG LONG ISLAND**

*We make things work for you.*

## Aplicación para Tarifa de Ayuda para el Hogar (Household Assistance Rate)

*(Tarifa reducida para clientes residenciales que reciben beneficios de los programas abajo)*

**POR FAVOR IMPRIMA ESTA PÁGINA, FIRME SU NOMBRE EN TINTA AL FINAL Y ENVÍE ESTA APLICACIÓN A:**

**PSEG Long Island  
ATTN: BOC/Payment Assistance  
PO BOX 9083  
MELVILLE, NY 11747**

Titular de la cuenta: \_\_\_\_\_  
(Nombre) (Apellido)

Dirección: \_\_\_\_\_ Número de apartamento: \_\_\_\_\_

Ciudad: \_\_\_\_\_, NY Código postal: \_\_\_\_\_ Tel. #: \_\_\_\_\_

Número de cuenta o de cliente de PSEGLI: \_\_\_\_\_

Últimos cuatro dígitos del número de seguro social (SSN) xxx-xx-\_\_\_\_\_

### -- Requisitos para Calificar --

Por favor marque con una X todos los programas de los que recibe ayuda:

- Asistencia de la Red de Seguridad (Safety Net Assistance)
- La Asistencia Familiar (Family Assistance)
- Medicaid
- Pensión por Cónyuge Sobreviviente del Veteranos
- Pensión por Veteranos
- Programa Asistencia Para Nutrición Suplementaria (SNAP)
- Programa de Subsidio de Energía para el Hogar (HEAP)
- Seguridad de Ingreso Suplementario (SSI)

### -- Documentación Requerida --

Por favor incluye una fotocopia de UNO de los siguientes documentos:

Tarjeta de identificación del beneficio NYS actual, carta de aprobación del SSI, carta de aprobación de HEAP o carta de pensión de la Administración de Veteranos de Guerra.

**Yo certifico que la información que doy aquí es correcta. Acepto que PSEG Long Island contacte a las agencias de servicios sociales del Condado de Nassau o de Suffolk, la Agencia de Desarrollo Comunitario de NYC, la Administración de Recursos Humanos de NYC, la Administración de Veteranos de Guerra o cualquier otra agencia de este tipo para verificar la información que doy aquí.**

Firma: \_\_\_\_\_ Fecha: \_\_\_\_\_

www.psegliny.com ♦ 1-800-490-0085

SMW



**Come to the South Country Library on Mondays from 1:00 to 5:00 pm now through March to meet with job recruiters from the NYS Regional Office of the U.S. Census Bureau.**

South Country  
Library  
22 Station Road  
Bellport, NY 11713