



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.

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



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



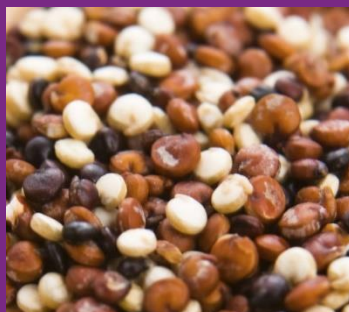
Beans
canned or dry



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

FREE SUMMER BREAKFAST & LUNCH FOR KIDS

If you have kids in need of breakfast and lunch this summer, you can simply text "Food" or "Comida" to 877877 and you will receive a message linking you with the closest location where they can get free summer meals. The service is provided by No Kid Hungry, and they serve all kids 18 and under. No paperwork is involved and there is no income requirement to meet! The link explaining the program in more detail is attached below so feel free to check it out!

DESAYUNO DE VERANO GRATUITO Y ALMUERZO PARA NIÑOS

Si usted tiene niños en necesidad de desayuno y almuerzo este verano, puede simplemente enviar un mensaje de texto "Comida" o "Comida" al 877877 y recibirá un mensaje que le vincula con el lugar más cercano donde pueden obtener comidas de verano gratis. El servicio es proporcionado por No Kid Hungry, y sirven a todos los niños menores de 18 años. ¡No hay papeleo involucrado y no hay requisito de ingresos para cumplir! El enlace que explica el programa con más detalle se adjunta a continuación, así que no dude en echar un vistazo!



SYLVIA A. CABANA
Town Clerk



FREE



TAYLOR DARLING
NYS Assemblywoman



Fun for the Entire Family!

Family Fun Day*

Saturday, August 3rd
11 a.m - 3 p.m.

Village of Hempstead, Parking Lot #14
Adjacent to Village Hall
99 James A. Garner Way
Hempstead, NY 11550



FOOD

Mobile Passport Vehicle,
Senior I.D. & Child Safety Services

*Sponsored by Assemblywoman Darling & Town Clerk Cabana

For information on passport fees & documents needed to apply,
call (516) 812-3046 or visit www.HempsteadNY.gov

Town of Hempstead • One Washington Street • Hempstead, NY 11550



SYLVIA A. CABANA
Town Clerk



GRATIS



TAYLOR DARLING
Asambleista de NYS



Diversión para toda la familia!

Día de Diversión Familiar

Sábado, 3 de Agosto
11 a.m - 3 p.m.

Village of Hempstead, Parking Lot #14
Adjacent to Village Hall
99 James A. Garner Way
Hempstead, NY 11550



COMIDA

Programa de pasaporte móvil,
I.D. para personas mayores,
servicio de seguridad infantil

Para información de costos, y documentos para aplicar para pasaporte, llamar al (516) 812-3046 o visite la página www.HempsteadNY.gov

Town of Hempstead • One Washington Street • Hempstead, NY 11550



AUG. 13, 2019

1:00 PM

LICC EMERGENCY FOOD PANTRY

230 HANSE AVENUE

FREEPORT, NY 11520

**BREAST AND PROSTATE
CANCER EDUCATION**

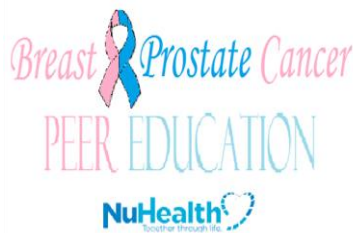
**ARE YOU
UNSURE OF
WHEN TO BE
SCREENED FOR
BREAST
CANCER?**

**DO YOU KNOW THE
RISK FACTORS FOR
PROSTATE
CANCER?**

**SE HABLA
ESPAÑOL.**

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



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

The content of this publication is solely the responsibility of the authors and does not necessarily represent the official view of Health Research Inc. or the State of New York. This project is supported with funds from Health Research Inc. and the New York State Department of Health.



AGOSTO 13, 2019

1:00 PM

LICC DISPENSA DE ALIMENTOS

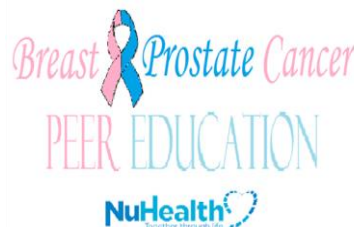
230 HANSE AVENUE FREEPORT

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.



**USTED SABE
CUANDO TIENE QUE
EMPEZAR SUS
EXAMENES PARA EL
CANCER DE MAMA?**

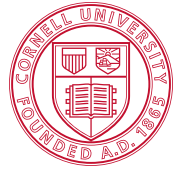
**USTED SABE LOS
FACTORES DE RIESGO
DEL CANCER DE LA
PROSTATA?**

**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.EDU



2019 Summer Classes • Open to the Public

Making Better Beverage Choices

May 15, 2019 • 12:00 pm-1:00 pm

What's in your favorite beverage? Many beverages contain added sugars offering little or no nutrients, while others may contain nutrients but too many calories from fat. Learn some ways to determine what is in your beverage and how to make better choices.

Karen Ball, Senior Nutritionist and Susan Kennedy, Nutrition Educator.

Riverhead Free Library, 330 Court Street, Riverhead. To register, call library at library 631-727-3228.

Eating Better on a Budget (Adults)

May 21, 2019 • 3:30 pm- 4:30 pm

During this interactive workshop, participants will gain 3 skills for eating healthy on a budget: Planning, purchasing and preparing while gaining skills to help cut your fast food budget.

Donna Ingram, Nutrition Educator, Cornell Cooperative Extension.

Elwood Public Library, 1929 Jericho Turnpike, Elwood. 631-499-3722



How Much Is Too Much?

Salt, Fat and Sugar

June 19, 2019 • 12:00 pm -1:00 pm

Learn how to determine the amount of salt, fat and sugar in certain foods by reading nutrition labels. We will compare what you are eating and what is recommended in the USDA Dietary Guidelines.

Karen Ball, Senior Nutritionist and Susan Kennedy, Nutrition Educator.

Riverhead Free Library, 330 Court Street, Riverhead. To register, call library at library 631-727-3228.

Rethink Your Drink (English & Spanish for Adults)

July 24, 2019 • 7:00pm-8:00pm.

Families will learn how much sugar their favorite drinks have and how to avoid them by using simple strategies.

Anthony Garcia, Bilingual Educator, Cornell Cooperative Extension, ag833@cornell.edu

Brentwood Library, 34 Second Ave, Brentwood. 631-273-7883

Are you consuming too much fat and sodium? (English & Spanish for Adults)

August 14, 2019 • 7:00pm-8:00pm

Families will learn how much fat and sodium they are consuming of their favorite snacks and foods. New strategies will be shared during this interactive workshop on how to decrease your intake of fat and sodium.

Anthony Garcia, Bilingual Educator, Cornell Cooperative Extension, ag833@cornell.edu

Brentwood Library, 34 Second Ave, Brentwood. 631-273-7883

Visit our website for more information about our free programs: www.eatsmartnyli.com



Cornell Cooperative Extension
Suffolk and Nassau Counties



423 Griffing Ave, Ste 100, Riverhead, NY 11901-3071 • 631-727-7850 • www.ccesuffolk.org

This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to www.myBenefits.ny.gov or contact 1-800-342-3009. Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Cornell Cooperative Extension is funded in part by Suffolk County through the office of the County Executive and the County Legislature.



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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ESPRI
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)

HOLY TRINITY ORTHODOX CHURCH
369 Green Avenue, East Meadow

Invites You To Its

FAITH, FOOD & FELLOWSHIP
FESTIVAL

Saturday, August 31, 2019

10:00 A.M. to 5:00 P.M. (rain or shine)

FREE ADMISSION

Delicious Greek, Eastern European & BBQ Foods
Gift Basket Auction with Dozens of Great Baskets

Baba's Treasures Flea Market

Pony Rides, Petting Zoo & Face Painting for the Kids

Live Slavic Music by "Barynya"

(performing from 12 P.M. to 3 P.M.)

Live Acoustic American Music in the Afternoon

Cash Prizes Raffle

Church Tours

Prayer Services during the Day

Telephone: 516-362-1353; E-mail: info@htocem.org

For directions, visit our website www.htocem.org

(half block south of Cipriano Nursery & Florist)

FUN FOR THE ENTIRE FAMILY!

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 (Log in with NY.Gov Username and Password)

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

www.indeed.com

www.snagajob.com

www.theladders.com

www.ziprecruiter.com

www.glassdoor.com

www.monster.com

www.careerbuilder.com

www.themuse.com

www.job.net

www.simplyhired.com

www.employmentguide.com

www.linkup.com

CAREER INFORMATION SITES

NEW YORK STATE DEPT. OF LABOR

www.labor.ny.gov

SUFFOLK COUNTY DEPT. OF LABOR

www.suffolkcountyny.gov/Labor

CareerOneStop

www.careeronestop.org

Occupational Outlook Handbook

www.bls.gov/ooh

O*Net Online (job titles and descriptions)

www.onetonline.org

GOVERNMENT AND CIVIL SERVICE JOB SITES

Federal

www.usajobs.gov

U.S. Customs and Border Protection

www.cbp.gov/careers

New York State

www.cs.ny.gov

State Jobs New York

www.statejobsny.com

NYS Unified Court System

www.nycourts.gov/careers

New York City

www1.nyc.gov/jobs/

Nassau County (residency required)

www.nassaucivilservice.com

Suffolk County (residency required)

www.suffolkcountyny.gov/civil-service

LOCAL JOB SEARCH WEBSITES

Long Island Job Finder

lijobfinder.com

Times Beacon

tbrnewsmedia.com/classifieds

New York Times

www.nytimes.com/section/jobs

27east.com

www.27east.com/hamptons-classifieds

Dan's Papers

www.danspapers.com/hamptons-classifieds

Hauppauge Industrial Association

www.hia-li.org/membership/jobs

Stony Brook University

www.stonybrook.edu/jobs

HISPANIC & BI-LINGUAL

www.ihispano.com

www.latpro.com

www.bilingualcrossing.com

GREEN COLLAR JOBS

greenjobsearch.org

www.renewableenergyjobs.com

www.greencareersny.com

NON-PROFIT JOBS

www.nonprofitjobs.org

www.idealists.org

www.workforgood.org

RECENT COLLEGE GRADUATES

www.aftercollege.com

collegegrad.com

www.collegerecruiter.com

MATURE WORKERS

www.retirementjobs.com

www.seniors4hire.org

www.seniorjobbank.org

VETERANS

www.recruitmilitary.com

www.military.com

www.veterans.jobs

vetjobs.com

JOB SEARCH WEBSITES BY INDUSTRY

ACCOUNTING/FINANCE

www.careerbank.com
ww2.cfo.com
www.efinancialcareers.com

ADMINISTRATIVE

www.admincrossing.com

AUTOMOTIVE

asap411.com
www.autojobs.com
www.actautostaffing.com

CHILDCARE / CAREGIVERS

www.babysitters4hire.com
www.care.com
www.greataupair.com
www.sittercity.com

COMPUTER / IT / TECH

www.computerjobs.com
www.computerwork.com
www.dice.com
toptechjobs.com
stackoverflow.com

CREATIVE

www.coroflot.com
www.behance.net
archinect.com
www.nyfa.org
stylecareers.com
www.entertainmentcareers.net
www.karmalicity.com
www.mediabistro.com
www.mandy.com
www.talentzoo.com

CONSTRUCTION

constructionjobs.com

CULINARY

www.acfchefs.org
culinaryagents.com
www.jobsonthemenue.com

ENGINEERING

www.engineerjobs.com
www.engineer-jobs.com

EDUCATION

www.pnwbooces.org/olas
www.schoolspring.com
www.teachingjobs.com
www.topschooljobs.org
www.higheredjobs.com
www.teachers-teachers.com
www.achievementfirst.org
careers.nais.org
www.hercjobs.org

FACILITIES MANAGEMENT

www.appa.org

HEALTHCARE / LABORATORY

www.healthcareers.com
www.healthcareerweb.com
www.miracleworkers.com
www.dentalpost.net

HOSPITALITY / EVENT PLANNING

www.hcareers.com
www.hospitalityonline.com
www.meetingjobs.com

HOUSEHOLD

estatejobs.com

LEGAL

lawjobs.com
www.legalstaff.com

LOGISTICS / TRANSPORTATION

www.jobsinlogistics.com
www.transportationcrossing.com
www.careersingear.com

MANUFACTURING / PRODUCTION

www.manufacturingworkers.com
http://www.productionjobs.com

PROJECT MANAGEMENT

pmilic.org - Local
www.pmi.org - National

SALES

www.salestrax.com
www.salesheads.com
www.salesjobs.com
www.salesgravy.com

SCIENCE

www.nature.com/naturecareers
aas.org/careers
www.aps.org/careers

SECURITY / LOSS PREVENTION

Careercenter.asisonline.org/jobs
www2.lpjobs.com

SOCIAL SERVICES

www.socialservice.com

SPORTS

www.teamworkonline.com

TITLE INSURANCE

titleboard.ejob.center

TRAVEL INDUSTRY

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



- **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



- **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 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**



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 o llamando al 516-796-6176.

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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

**OPERATION:
HOPE**

Mobile Services
Sponsored by:

The 
Family
of Banks



In Thanks to Our Servicemen and Women!

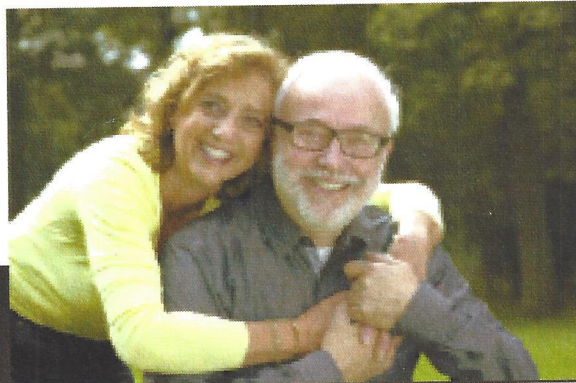
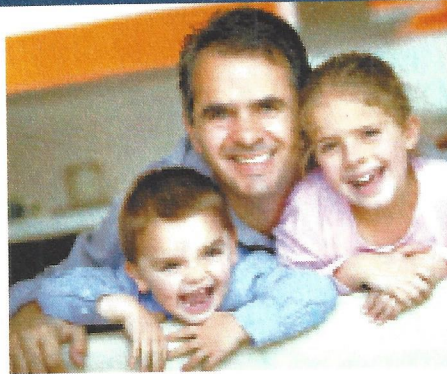
- 40 Marcus Blvd Hauppauge, N.Y. 11788 • (631) 873-4775
- 15 Grumman Rd W, Ste 1450, Bethpage, NY 11714 • (516) 294-8528
- www.islandharvest.org

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**FEEDING
AMERICA**



PSEG LONG ISLAND

We make things work for you.



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, Keyword search: HAR



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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