

IMPORTANT INFORMATION, NEWS & EVENTS FOR LONG ISLAND SENIORS!

in this issue:

- > Meet Mikulin
- > Important Phone Numbers
- > Upcoming Events
- > Senior Series Seminars

A S S E M B L Y M A N
JOHN★MIKULIN

New York State Assembly • Albany, NY 12248



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A S S E M B L Y M A N
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MEET MIKULIN

Assemblyman John Mikulin wants to hear what local and state issues are important to YOU, the people he represents in the New York State Assembly. Join him over the next few months for his “Meet Mikulin” series to discuss a variety of topics and get to know your local Assemblyman.

**Island Trees
Public Library**
38 Farmedge Road
Levittown, NY 11756
Tuesday, July 23
7:00 p.m. – 8:00 p.m.

**Massapequa
Public Library**
523 Central Avenue
Massapequa, NY 11758
Thursday, September 19
12:30 p.m. – 1:30 p.m.

**Plainedge
Public Library**
1060 Hicksville Road
Massapequa, NY 11758
Thursday, September 19
7:00 p.m. – 8:00 p.m.

A S S E M B L Y M A N
JOHN★MIKULIN

Dear Neighbor,

I hope you are enjoying the warm weather and all that summer has to offer here on Long Island. As your representative for the 17th Assembly District, helping Long Islanders maintain a great quality of life has remained one of my top priorities. This is why I have put together this newsletter full of upcoming events to help you enjoy your summer to the fullest. I hope you find this newsletter informative. If you have any questions, concerns, or suggestions, please contact my district office at (516) 228-4960.

Sincerely,



IMPORTANT PHONE NUMBERS

COUNTYWIDE TOLL FREE ASSISTANCE

EPIC Prescription
Protection for Seniors ...1-800-332-3742

Legislative Status
of Bills 1-800-342-9860

Medicare and
Medical Claims 1-800-633-4227

Senior Citizens'
Hotline1-800-342-9871

Federal Tax
Assistance1-800-829-1040

Veterans' Problems/
Assistance 1-800-273-8255

VA Life Insurance1-800-669-8477

VA Regional 1-800-827-1000

Public Health
Duty Officer Hotline 866-881-2809

Medicare 1-800-633-4227

Social Security..... 1-800-772-1213

EMERGENCY PHONE NUMBERS

Nassau County
Main Number..... 516-571-3000

Nassau County Office
of Emergency
Management 516-573-0636

American Red Cross in
Nassau County 516-747-3500

Long Island Crisis
Center Senior
Connection Hotline 516-679-0000

Nassau County
Office for the
Aging Help-Line516-227-8900

Emergency911

Nassau County Sheriff 516-571-2113

PSEG/LIPA Report
Power Outages 1-800-490-0075

Poison Control 1-800-222-1222

NASSAU COUNTY

Office for the Aging516-227-8900

Clerk's Office 516-571-2660

Consumer Affairs 516-571-2600

Office for the Physically
Challenged516-227-7399

Department of Health 516-227-9697

Emergencies,
After Hours
and Weekends516-742-6154

Social Services516-227-8519

Helpline516-227-8000

Emergency After Hours 516-573-8626

Veterans' Service Agency ..516-572-6565

AREA HOSPITALS

Nassau University
Medical Center516-572-0123

Winthrop University
Hospital 516-663-0333

Saint Joseph Hospital 516-579-6000

Farmingdale
Heart Center..... 516-249-1020

Plainview Hospital..... 516-719-3000

TOWN OF HEMPSTEAD

Main Line516-489-5000

Department of
Senior Enrichment516-485-8100

TOWN OF OYSTER BAY

Main Line..... 516-624-6365

Senior Citizen
Services Division 516-797-7916

ASSEMBLYMAN JOHN MIKULIN

District Office..... 516-228-4960

Albany Office..... 518-455-5341

Email: mikulinj@nyassembly.gov
District Office: 1975 Hempstead Turnpike, Suite 202, East Meadow, NY 11554
Albany Office: 550 Legislative Office Building, Albany, NY 12248

A S S E M B L Y M A N
JOHN MIKULIN

UPCOMING EVENTS...

Scam Prevention Seminar

With Assemblyman John Mikulin & Nassau County Consumer Affairs

- When:** Monday, September 16
7 p.m. – 8 p.m.
- Where:** Island Trees Public Library
38 Farmedge Road, Levittown, NY
- What it is:** An in-depth presentation on how to identify a scam, different types of scams, and how to protect yourself from becoming a victim.

Walk-ins welcome but to reserve your seat, please contact Assemblyman Mikulin's district office at (516) 228-4960.

Thai Chi

With Assemblyman John Mikulin & Nassau University Medical Center

- When:** Wednesday, September 18
11:45 a.m. – 12:45 p.m.
- Where:** Bethpage Public Library
47 Powell Avenue, Bethpage, NY
- What it is:** An interactive Thai Chi demonstration with a short video segment followed by a discussion on the benefits of Thai Chi.

AARP Smart DriverTEK Program

With Assemblyman John Mikulin, Assemblyman Mike LiPetri, and Nassau County Legislator James Kennedy

- When:** Friday, August 30
1:30 p.m. – 3:00 p.m.
- Where:** Farmingdale Public Library
116 Merritts Road, Farmingdale, NY
- What it is:** Smart DriverTEK is an AARP program designed to bring senior citizens up-to-date on available safety technologies in cars by teaching them how these technologies can provide a safer driving experience, extend safe driving years, and how to properly use these technologies. This program is a 90-minute interactive discussion with plenty of opportunity to ask questions!

Space is limited, registration is required!

To reserve your seat, contact Assemblyman LiPetri's district office at (516) 541-4598.

Senior Series

WITH

A S S E M B L Y M A N
JOHN MIKULIN

&

NuHealth
Together through life.

**Nassau University
Medical Center**

Join us this summer for a series of seminars at:

Levittown Library
1 Bluegrass Lane, Levittown, NY 11756

Fall Prevention/Home Safety

When: Friday, August 2 • 2:00 p.m.

What it is: Enriching educational program for senior citizens that will include topics such as having adequate lighting in and around the home, having medications checked frequently, balance issues, vision checks, and other ways to keep their home/apartment safe.

Driver/Pedestrian Safety

When: Monday, August 5 • 11:00 a.m.

What it is: Everyone is a pedestrian. Whether walking on a sidewalk, to a bus stop, or through a parking lot, at some point in your travels, you are a pedestrian. It's important that everyone – drivers and pedestrians, including children– know the rules of the road, best practices for safety, and how pedestrian amenities should be used.

Medication Management/Safety

When: Friday, August 9 • 2:00 p.m.

What it is: Older adults tend to have multiple illnesses and therefore take more drugs, and polypharmacy increases the risk of poor outcomes. The number of medications a person uses is a risk factor for adverse drug reactions, no adherence, financial burden, drug to drug interactions, increased risk of falls, and worse outcomes.

Summer Food Drive

With Assemblyman John Mikulin and Long Island Cares, Inc.

When: Saturday, July 27 • 9 a.m. – 5 p.m.

Where: King Kullen
3284 Hempstead Turnpike, Levittown, NY

Please donate any non-perishable food items and supplies to help Long Island families in need.