Enjoy some memories of way back when with decades of fun from pages within

Angie M. Carpenter, Supervisor

TOWN BOARD
Trish Bergin • John C. Cochrane, Jr.
Mary Kate Mullen • James P. O’Connor

Olga H. Murray, Town Clerk • Alexis Weik, Receiver of Taxes

Thomas Owens, Commissioner of Parks, Recreation and Cultural Affairs
Welcome

A Message From...

ISLIP TOWN SUPERVISOR
ANGIE M. CARPENTER

Dear Residents,

The Islip Town Board and I are very pleased to present this latest issue of Seniors Connect. When the time is appropriate, and we are past this COVID-19 health crisis, please do yourself a favor and contact any one of our Senior Centers located throughout the town. This is the place to obtain more information about our activities, including luncheons, bingo, and movies, as well as chat over a cup of coffee with a friend, or make a new one. Our staff will be happy to provide more information about all of these programs, including how to obtain your FREE Senior Citizen Identification Card. In the meantime, we ask that you please remain vigilant in following all the COVID-19 guidelines...wear your mask and always practice social distancing.

This issue of Seniors Connect contains puzzles, 1960’s memorable trivia, and a 1950’s music matching game. We are scheduling transportation for medical appointments and food shopping, please call (631)224-5686 to reserve a spot.

While COVID-19 has interrupted some of our scheduled programs and recreational activities, there remains beautiful parks and beaches to enjoy throughout the Town of Islip, for a morning swim or an afternoon stroll.

Hurricane season is upon us. Being prepared for an emergency is crucial at home, school, work and in your community. Disaster can strike quickly and with little warning. It can force you to evacuate your neighborhood, workplace or school, or can confine you to your home. Please visit our website, www.islipny.gov and take a moment to review our Hurricane Preparedness flyer for essential safety and planning information.

An easy way to prepare for hurricane season is to sign up for our Town’s informative e-Alert program online. E-Alerts are the fastest way to receive important announcements and information as soon as it becomes available including weather and storm-related news and advisories. Our website also provides more information about the exciting programs and services Islip will offer its residents in the aftermath of COVID-19.

Of course, if you have any questions, please don’t hesitate to call (631)224-5340 and a representative of Islip’s Senior Citizens Office will be happy to offer you assistance.

Warmest Regards,

Angie
Brentwood Graduate Honored for First Place Essay Win

Islip Supervisor Angie Carpenter along with Councilman James P. O’Connor recently met socially distanced with Brentwood High School recent graduate Samantha Barbera, to honor her for winning the Life’s WORC/The Family Center of Autism, Schneps Media and Claire Friedlander Family Foundation Essay Contest.

Samantha was one of over 70 students who submitted an essay on the topic “How Can I Lead My School and Community to Become a Bully-free Place for Individuals with Autism and Developmental Disabilities.” Samantha’s essay used her experience of being the younger sister to a brother with autism and focused on ways she’s personally helped to create a better community for those with developmental disabilities.

“Samantha possesses a compassion that is well beyond her years,” said Islip Supervisor Angie Carpenter. “Her enthusiasm to create an environment of acceptance for individuals with Autism and developmental disabilities is genuine, and is borne out of her own personal experiences. She is well-deserving of this recognition. On behalf of the Islip Town Board, we wish her tremendous success in her future endeavors,” concluded the Supervisor.

“As the parent of a 23-year old autistic son, Samantha’s efforts and her works of kindness in her school touched my heart! Bullying should never be accepted, but sometimes people bully others out of insecurity or ignorance. Samantha’s initiatives to educate her school community about the impact of bullying of people with autism, in her case, her older brother - Anthony, are AMAZING! Most amazing was Samantha’s reminder to have fun while educating others. Her approach to use a fun environment with fun activities, like dance parties, will help to engage and inspire others to take a stance against bullying. I congratulate Samantha on her award-winning essay. I know she will do great, and I am optimistic for Islip’s future thanks to Samantha Barbera.” – James P. O’Connor, Islip Town Councilman & Chair, Town of Islip Disability Advisory Board

Town Crews Traverse Hamlets Collecting Storm Debris

Currently the Town of Islip is in full debris pickup mode, and Town officials want to assure residents that crews will be down every block in every community. The Town is tracking where the debris is located, and keeping a record as it’s being removed.

“We appreciate your patience as we go through this process,” said Islip Supervisor Angie Carpenter.
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*At a glance…*

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**Division of Senior Citizens**  |  | **(631) 224-5340**  |  | **[www.islipny.gov](http://www.islipny.gov)**
Reminder About Your Taxes

Important Notice for Property Owners Age 65 and Over

New STAR requirements

- To receive the Enhanced STAR exemption, you must enroll in the Income Verification Program (IVP). If you’re already enrolled, no action is needed.

- If you qualify for the senior citizens exemption, you will no longer automatically receive the Enhanced STAR exemption. You must apply for Enhanced STAR separately.

For more information or to obtain forms, contact your assessor or visit the New York State Tax Department’s website (search: IVP).

www.tax.ny.gov
About Our Services

Essential Transportation Program
Transportation services are provided for Islip seniors who have no access to private or public transportation and cannot afford private taxi fare. This program provides transportation to our senior centers, medical and healthcare facilities, government services and food shopping within the Town of Islip. Please call two weeks before service is needed. A voluntary contribution of $2.00 is suggested. First-come, first-served. Limited availability. For more information call (631) 224-5686.

Expanded In-Home Services for the Elderly Program (EISEP)
This program provides case management through Suffolk County Office for the Aging and non-medical in-home assistance for persons over 60 years of age who are unable to complete home management tasks. Services may include shopping, laundry and light housekeeping. Persons who are not Medicaid eligible and who need housekeeping services to ensure their health and safety at home may apply. Call Suffolk County Office for the Aging to apply and please be advised that there may be a waiting list for services, (631) 853-8200.

Residential Repair Program
Assistance is provided for small household repairs that the homeowner/renter is not able to manage. The homeowner/renter is responsible for parts and supplies only. Call (631) 224-5424 for more information.

Home Delivered Meal
This service delivers meals, weekly, to seniors who are unable to prepare meals and have no one available to assist them. An in-home evaluation process for participation in this program is necessary. A voluntary contribution of $2.00 per meal is suggested. For further information and/or to put your name on the waiting list, call (631) 595-3510.
About Our Services

Nutrition Programs
There are six nutrition sites located in the Town of Islip: Brentwood, Central Islip, East Islip, Oakdale, Ronkonkoma and West Islip. Transportation to the center may be arranged by center staff. The centers provide a hot nutritious lunch, Monday through Friday. Reservations must be made in advance. A voluntary contribution of $2.00 per meal is suggested. For more information call (631) 595-3510.

Senior I.D. Cards
Senior I.D. cards are available for senior residents 60 years of age and over. The Senior I.D. card is available at the Permit/ID Office located at Brookwood Hall, 50 Irish Lane, East Islip, 8:30 a.m. to 4:45 p.m. Please bring proof of residency and age. You can also obtain a card by mail; just send a copy of your driver’s license or proof of residency and age to the Permit/ID Office, Brookwood Hall, 50 Irish Lane, East Islip, NY 11730. The card will be mailed back to you along with the copy of your driver’s license.

Senior Clubs
There are 16 senior citizen clubs affiliated with the Town of Islip. Clubs meet at various centers and locations throughout the Town of Islip. If you’re interested in making new friends, going on trips, attending monthly meetings, luncheons and parties, call for further information, (631) 224-5340.

Our Programs and Services are partially funded by the Administration for Community Living through the New York State Office for the Aging and the Suffolk County Office for the Aging.
Senior Centers & Nutrition Programs

Find a center near you today...

Senior Centers
The senior centers are a focal point in communities for information, programs and activities for all residents age 60 and older. The six town-wide senior citizen centers are located in Brentwood, Central Islip, East Islip, Oakdale, Ronkonkoma and West Islip. There are activities for all! Whether you are interested in getting fit by participating in our exercise, walking or swim programs or the artist in you is waiting to surface, please consider visiting or calling our centers for further details. Senior citizens are welcome to attend any program at any center. The center locations are as follows:

Caesar Trunzo Senior Center
16 Second Avenue
Brentwood, NY 11717
(631) 436-6072

Joyce Fitzpatrick Senior Center
50 Irish Lane
East Islip, NY 11730
(631) 224-5396

Ronkonkoma Senior Center
299 Rosevale Avenue
Ronkonkoma, NY 11779
(631) 467-3324

Central Islip Senior Center
555 Clayton Street
Central Islip, NY 11722
(631) 595-3508

Oakdale Senior Center
963 Montauk Highway
Ockers Community Room
Oakdale, NY 11769
(631) 472-7023

West Islip Senior Center
90 Higbie Lane
West Islip, NY 11795
(631) 893-8932

Center Meals
Congregate Meals – Lunch is available to eligible Town of Islip Senior Citizens at our six nutrition centers, Monday through Friday. Transportation may be available. Please call for information. Home Delivered Meals – This service delivers frozen meals weekly to those who are unable to prepare meals, have difficulty shopping for food and have no one available to assist them while they are incapacitated or recuperating from an illness or accident. Eligible seniors can receive a total of 5 meals weekly from the Congregate Nutrition Program, the Home Delivered Meal Program or a combination of the two. A voluntary contribution of $2.00 per meal is suggested. Meals will not be denied if no contribution can be made. For more information, please call (631) 595-3510.

Persons with self-declared incomes at or above 185% of the Federal poverty level are encouraged to make a contribution equal to the cost of the meal. All contributions are used to expand the Nutrition Program. Our Programs and Services are partially funded by the Administration for Community Living through the New York State Office for the Aging and the Suffolk County Office for the Aging.
Programas de Nutrición de Ancianos

Municipio de Islip
Departamento de Parques, Recreación y Asuntos Culturales
La División de Asuntos Culturales y Servicios de Ancianos
(631)595-3510

Programas de Nutrición de Ancianos – Programas de nutrición están disponibles para los residentes del municipio de Islip 60 años de edad y mayores. Para aquellas personas que tienen un limitado dominio del inglés (LEP), tenemos un servicio de interpretación disponible, sin costo alguno para los ancianos.

Centros de ancianos/Congrégate programa de comidas – El municipio de Islip tiene seis Centros de Ancianos que sirven como un lugar para programas sociales, culturales y educativos. Los centros ofrecen el programa de comida Congrégate en el que proporcionan una comida caliente y nutritiva. Se aprecia una contribución voluntaria de $2.00 por comida. Reservas para una comida deben hacerse por adelantado con el personal del centro de ancianos. Transporte de puerta a puerta está disponible.

Locales de Nutrición:

<table>
<thead>
<tr>
<th>Local</th>
<th>Dirección</th>
<th>Teléfono</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caesar Trunzo Senior Center</td>
<td>16 Second Avenue, Brentwood, NY 11717</td>
<td>(631) 436-6072</td>
</tr>
<tr>
<td>Joyce Fitzpatrick Senior Center</td>
<td>50 Irish Lane, East Islip, NY 11730</td>
<td>(631) 224-5396</td>
</tr>
<tr>
<td>Ronkonkoma Senior Center</td>
<td>299 Rosevale Ave., Ronkonkoma, NY 11779</td>
<td>(631) 467-3324</td>
</tr>
<tr>
<td>Central Islip Senior Center</td>
<td>555 Clayton St., Central Islip, NY 11722</td>
<td>(631) 595-3508</td>
</tr>
<tr>
<td>(abierto por tiempos limitados)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oakdale Senior Center</td>
<td>963 Montauk Hwy., Ockers Community Room Oakdale, NY 11769</td>
<td>(631) 472-7023</td>
</tr>
<tr>
<td>West Islip Senior Center</td>
<td>90 Higbie Ln., West Islip, NY 11795</td>
<td>(631) 893-8932</td>
</tr>
</tbody>
</table>

Programa de comidas a la Casa – Este servicio ofrece cinco comidas congeladas, una vez por semana a la casa de los residentes. El anciano debe ser incapaz de preparar las comidas y que no haiga nadie disponible para ayudarles. Un anciano que se este recuperando de una enfermedad o accidente puede colocarse en el programa sobre una base temporal. Los participantes elegibles deben tener la capacidad de calentar la comida en el horno o el microondas. Una evaluación en el hogar es necesaria para determinar la elegibilidad para el programa. Llame al (631) 595-3510, para colocarse en la lista de espera.

Hay una contribución de comida sugerido de $2.00 para el programa de nutrición de ancianos. Todas las contribuciones son voluntarias y anónimas. Nadie se le negará una comida debido a su incapacidad de contribuir. Las personas con rentas auto proclaimadas en o por encima del 185% del nivel federal de pobreza son alentadas a hacer una contribución equivalente al coste real de la comida. Todas las contribuciones se utilizan para ampliar el programa.

Nuestros programas y servicios están parcialmente financiados por la Administración para la Vida Comunitaria a través de la Oficina de Envejecimiento del Estado de Nueva York y la Oficina de Envejecimiento del Condado de Suffolk
RECREATION or SENIOR CARD APPLICATION

Recreation Cards $30 Good for 2 years
Additional family member Rec Card $15 Good for 2 years
(All cards must be purchased at the same time. Please submit a separate form for each card in same envelope.)
Senior Card 60 years or older FREE Never Expires

- Must be Town of Islip Resident
- Submit copy of your NYS Driver License or Non Driver Identification card
- Submit 1 of the following: copy of tax, utility or insurance bill, car registration (Not required for Senior Card if your driver’s license or non-driver ID card has a Town of Islip address)
- Enclose any necessary form of payments: cash, check, Visa or MasterCard. Checks made payable to the Town of Islip.

➢ If Driver License does not have current address on it, you can write the correct address on back and provide 2 additional proofs of name and correct address.

FULL NAME___________________________________________________________
ADDRESS____________________________________________________________
PHONE____________________ EMAIL______________________________
BIRTHDATE________________________

CIRCLE PAYMENT TYPE: CASH CHECK VISA MASTERCARD
CREDIT CARD NUMBER_________________________ EXP._________
ZIP CODE__________

This application may be mailed or dropped in the Drop Box at

Brookwood Hall, 50 Irish Lane, East Islip, NY 11730
or
emailed to IDRoom@islipny.gov
**SOLICITUD DE RECREACIÓN o TARJETA MAYOR**

<table>
<thead>
<tr>
<th>Tipo de Tarjeta</th>
<th>Precio</th>
<th>Duración</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tarjetas de Recreación</td>
<td>$30</td>
<td>Bueno por 2 años</td>
</tr>
<tr>
<td>Miembro de la familia adicional</td>
<td>$15</td>
<td>Bueno por 2 años</td>
</tr>
<tr>
<td>(Todas las tarjetas deben comprarse al mismo tiempo. Envíe un formulario por separado para cada tarjeta en el mismo sobre)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tarjeta Senior de 60 años o más</td>
<td>GRATIS</td>
<td>Nunca Expira</td>
</tr>
</tbody>
</table>

- Debe ser residente de la ciudad de Islip
- Envíe una copia de su licencia de conducir del NYS o tarjeta de identificación de no conductor
- Presente 1 de los siguientes documentos: copia de la utilidad fiscal o factura del seguro, registro del automóvil *(no se requiere para la Tarjeta Senior si su licencia de conducir o tarjeta de identificación de no conductor tiene una dirección de Town of Islip)*
- Adjunte cualquier forma de pago necesaria: efectivo, cheque, Visa o MasterCard. Cheques a nombre de Town of Islip.
- Si la licencia de conducir no tiene la dirección actual, puede escribir la dirección correcta en el reverso y proporcionar 2 pruebas adicionales de nombre y dirección correcta

**NOMBRE COMPLETO ____________________________________________**

**DIRECCIÓN __________________________________________________**

**FECHA DE NACIMIENTO ___________ TELÉFONO ______________________**

**CORREO ELECTRÓNICO __________________________________________**

**CÍRCULOS TIPO DE PAGO:**  EFECTIVO   CHEQUE     VISA     MASTERCARD

**NÚMERO DE TARJETA DE CRÉDITO __________________________________**

**EXP ________ ZIP CODE ________**

**Esta solicitud se puede enviar por correo o dejarlo en la caja a:**

**Brookwood Hall, 50 Irish Lane, East Islip, NY 11730**

**Correo Electrónico: IDRoom@islipny.gov**
To All Our Seniors,

Thinking of you all and missing you very much! For this issue we mixed in some fun games/puzzles and a bit of trivia as well as a couple of recipes to try. We hope you enjoy this September/October Seniors Connect.

“Be strong because things will get better. Though it may be stormy now, it never rains forever.”

Let’s protect each other by maintaining social distance. We are at the centers if you need assistance, or just to chat.

Caesar Trunzo (631) 436-6072
Joyce Fitzpatrick (631) 224-5396
West Islip (631) 893-8932
Ronkonkoma (631) 467-3324
Oakdale (631) 472-7023
Central Islip (631) 224-5340

All our best to you,

Joanne, Tiffany, Janet, Dianne, Cheryl, Janie, Leslie, Kathleen, Sue & Gina
**The approximate cost of items**

- **House**: $12,675.00
- **Annual Income**: $5,199.00
- **New Car**: $2,610.00
- **Gas**: $0.25 per gallon
- **TV**: $300.00
- **Dozen Eggs**: $0.57
- **Gallon of Milk**: $1.00
- **Cup of Coffee**: $0.10
- **Slice of Pizza**: $0.15
- **Loaf of bread**: $0.22
- **Pack of Cigarettes**: $0.40
- **Movie Ticket**: $1.00

**Television**

- The Andy Griffith Show
- My Three Sons
- Gunsmoke
- Lassie
- Make Room for Daddy
- Bonanza

**MOVIES**

- Spartacus
- The Magnificent Seven
- The Apartment
- Exodus
- Psycho
- Inherit the Wind
- Swiss Family Robinson

**Popular Music**

- I'm Sorry – Brenda Lee
- Why – Frankie Avalon
- Puppy Love – Paul Anka
- The Twist – Chubby Checker
- Only the Lonely – Roy Orbison
- It's Now or Never – Elvis Presley
- Let it Be Me – The Everly Brothers
1. Practice what you ______________________________________________
2. Better late than ________________________________________________
3. As fit as a ______________________________________________________
4. A woman’s work is never ________________________________________
5. Laughter is the best ____________________________________________
6. Older than _____________________________________________________
7. An apple a day _________________________________________________
8. One bad apple _________________________________________________
9. Pork chops and ________________________________________________
10. You are the apple of ___________________________________________
11. Home is where the ____________________________________________
12. Cool as a _____________________________________________________
13. Too big for your ______________________________________________
14. Hot under the ________________________________________________
15. To play it close to the _________________________________________
16. Stuffed ______________________________________________________
17. To have something up your ____________________________________

ANSWER KEY ON PAGE 26
Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

<table>
<thead>
<tr>
<th>Word</th>
<th>Box</th>
<th>Box</th>
</tr>
</thead>
<tbody>
<tr>
<td>OYPKSO</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LABKC</td>
<td></td>
<td></td>
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<tr>
<td>OLSETENK</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NTHAEDU EUHOS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ATHPNOM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RIMG EPERAR</td>
<td></td>
<td></td>
</tr>
<tr>
<td>AUONDLCR</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What is a witch’s favorite food?

<table>
<thead>
<tr>
<th>Box</th>
</tr>
</thead>
</table>

ANSWER KEY ON PAGE 26
Fill in the blanks with the cake matching the description.

1. What kind of cake do you feed your rabbit? _______________________
2. What kind of cake do you eat annually? __________________________
3. What kind of cake does a mouse like best? ______________________
4. What kind of cake does a monkey like? __________________________
5. What kind of cake do you get in heaven? _________________________
6. What kind of cake is a big flop? ________________________________
7. What kind of cake do you eat for breakfast? _____________________
8. What kind of cake goes well on a saucer? _______________________
9. What is the heaviest cake? __________________________________
10. What kind of cake is found on the ocean floor? _________________
11. What kind of cake is the opposite of #5? _______________________
12. What kind of cake should be eaten in bed? ______________________
13. What kind of cake do you order in a seafood restaurant? _______
1. This president went on record claiming to have spotted a UFO?
   A) Bill Clinton  B) Gerald Ford  C) Jimmy Carter

2. Who was the first president to live in the white house?
   A) George Washington  B) John Adams  C) Thomas Jefferson

3. Which president appeared on the cover of Cosmopolitan as a young man?
   A) Barack Obama  B) Richard Nixon  C) Gerald Ford

4. Which president has false teeth made of ivory and gold, not wood?
   A) John Quincy Adams  B) George Washington  C) Andrew Jackson

5. What pet did William Henry Harrison have while in the White House?
   A) goat  B) monkey  C) parrot

6. Which president is honored in the Wrestling Hall of Fame?
   A) Abraham Lincoln  B) Benjamin Harris  C) Herbert Hoover

7. What president had a parrot named Poll?
   A) Thomas Jefferson  B) Herbert Hoover  C) Andrew Jackson

8. What was the name of Herbert Hoover's German shepherd?
   A) Buddy  B) Dog  C) King Tut

ANSWER KEY ON PAGE 26
1. Marvel Comics introduces this superhero in March 1941.
   A. Spiderman  
   B. Captain America  
   C. Hulk  
   D. Superman

2. In 1944, this multi-talented singer/actor won an Academy Award for Best Actor for his role in the movie ‘Going My Way’.
   A. Bing Crosby  
   B. Frank Sinatra  
   C. Perry Como  
   D. Dean Martin

3. To great fanfare, this man became the leader of Great Britain in 1940.
   A. Clement Attlee  
   B. Neville Chamberlain  
   C. Winston Churchill  
   D. Stanley Baldwin

4. Orson Welles directed this groundbreaking film in 1941.
   A. Casablanca  
   B. It’s a Wonderful Life  
   C. The Philadelphia Story  
   D. Citizen Kane

5. This Actress won an Academy Award in 1944 for her portrayal of Paula Alquist Anton in the movie ‘Gaslight’.
   A. Katharine Hepburn  
   B. Ingrid Bergman  
   C. Joan Fontaine  
   D. Mary Astor
6. In 1948, this man became the first African American to break the color barrier in Major League Baseball.
   A. Larry Doby  B. Satchel Paige
   C. Cool Papa Bell  D. Jackie Robinson

7. This cereal adopted the phrase ‘Snap! Crackle! Pop!’ to describe the sound it makes when you pour milk on it.
   A. Rice Krispies  B. Wheaties
   C. Corn Flakes  D. Pep Wheat Flakes

8. In 1945, the atomic bomb was first tested in this U.S. state.
   A. Nevada  B. New Mexico
   C. Arizona  D. Alaska

9. This was invented in 1948 in Switzerland by George de Mestral.
   A. Spiral Notebooks  B. Paper Clips
   C. Velcro  D. Calculators

10. In 1949, this author wrote a classic novel about a dystopian future. The book was titled 1984.
    A. George Orwell  B. Orson Welles
    C. Jerry West  D. Edgar Allen Poe
# 1950’s Top Songs

**Match the Song to the Artist**

<table>
<thead>
<tr>
<th>Song</th>
<th>Artist</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) That’s Amore</td>
<td>A) Big Bopper</td>
</tr>
<tr>
<td>2) Come Fly With Me</td>
<td>B) Buddy Holly</td>
</tr>
<tr>
<td>3) Jailhouse Rock</td>
<td>C) Bobby Darin</td>
</tr>
<tr>
<td>4) I Walk the Line</td>
<td>D) Crests</td>
</tr>
<tr>
<td>5) The Stroll</td>
<td>E) Drifters</td>
</tr>
<tr>
<td>6) In the Mood</td>
<td>F) Fats Domino</td>
</tr>
<tr>
<td>7) La Bamba</td>
<td>G) Elvis Presley</td>
</tr>
<tr>
<td>8) Great Balls of Fire</td>
<td>H) Platters</td>
</tr>
<tr>
<td>9) Mona Lisa</td>
<td>I) Harry Belafonte</td>
</tr>
<tr>
<td>10) Mack the Knife</td>
<td>J) Jerry Lee Lewis</td>
</tr>
<tr>
<td>11) There Goes My Baby</td>
<td>K) Johnny Mathis</td>
</tr>
<tr>
<td>12) In the Still of the Night</td>
<td>L) Chuck Berry</td>
</tr>
<tr>
<td>13) Sea of Love</td>
<td>M) Del-Vikings</td>
</tr>
<tr>
<td>14) I Only Have Eyes for You</td>
<td>N) Glenn Miller</td>
</tr>
<tr>
<td>15) Chantilly Lace</td>
<td>O) Frank Sinatra</td>
</tr>
<tr>
<td>16) Peggy Sue</td>
<td>P) Everly Brothers</td>
</tr>
<tr>
<td>17) Wake Up Little Susie</td>
<td>Q) Dean Martin</td>
</tr>
<tr>
<td>18) Banana Boat (Day-O)</td>
<td>R) Johnny Cash</td>
</tr>
<tr>
<td>19) Yakety Yak</td>
<td>S) Nat King Cole</td>
</tr>
<tr>
<td>20) Blueberry Hill</td>
<td>T) Phil Phillips</td>
</tr>
<tr>
<td>21) 16 Candles</td>
<td>U) Flamingos</td>
</tr>
<tr>
<td>22) My Prayer</td>
<td>V) Five Satins</td>
</tr>
<tr>
<td>23) The Twelfth of Never</td>
<td>W) Diamonds</td>
</tr>
<tr>
<td>24) Maybelline</td>
<td>X) Coasters</td>
</tr>
<tr>
<td>25) Come Go With Me</td>
<td>Y) Ritchie Valens</td>
</tr>
</tbody>
</table>

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**Answer Key on Page 27**
MEMORY LANE: MATCH THE SONG TO THE ARTIST

1. Don't Sit Under The Apple Tree _________
   (With Anyone Else But Me)
2. My Way _________
3. White Christmas _________
4. Boogie Woogie Bugle Boy _________
5. New York, New York _________
6. Swinging On A Star _________

ANSWER KEY ON PAGE 27
**CHICKEN PICCATA**

¼ cup flour  
½ teaspoon salt  
½ teaspoon pepper  
4 boneless chicken breasts sliced thin or pounded  
¼ cup butter  
¼ cup white wine  
4 tablespoons lemon juice

Add salt and pepper to flour. Coat chicken with flour mixture. Heat butter over medium heat. Brown chicken on both sides. Add wine to the chicken and bring to boil. Reduce heat and simmer uncovered until chicken is no longer pink. Add lemon juice. When chicken is done taste it. Add more salt, pepper or lemon juice to taste if you like.

**BANANA TEA BREAD**

If you have a bunch of bananas that are ripe try this recipe you will like it.

1 ¾ cups sifted flour  
2 teaspoons baking powder  
¼ teaspoon baking soda  
¾ cup sugar  
¼ cup butter  
2 eggs  
3 bananas

Mix together all dry ingredients in a bowl. In a separate bowl beat butter until creamy then add eggs. Then add to dry ingredients, mix well. Add flour mixture alternatively with bananas. Put mixture into a greased bread pan. Bake at 350 for an hour.
Recipes

HOW TO MAKE THE BEST, EASIEST APPLE CRISP

For the filling:
½ cup granulated sugar
2 tablespoons cornstarch
1 teaspoon ground cinnamon
2 pounds Granny Smith apples, peeled, cored and sliced 1/4-inch thick
1 tablespoon freshly squeezed lemon juice

For the topping:
1 ½ cups old-fashioned rolled oats
1 cup all-purpose flour
½ cup packed light brown sugar
½ teaspoon kosher salt
12 tablespoons (1 ½ sticks) unsalted butter, melted and cooled, plus more for the baking dish
1 teaspoon pure vanilla extract

1. Heat the oven to 350°F and prepare the baking dish. Arrange a rack in the middle of the oven and heat to 350°F. Coat a 9-inch square glass baking dish with butter; set aside.
2. Make the fruit filling. Whisk the sugar and cornstarch together in a large bowl to break up any lumps. Add the apples and lemon juice and toss gently to coat. Transfer to the baking dish and spread into an even layer.
3. Make the crisp topping. Place the oats, flour, brown sugar, and salt in a medium or large bowl — it can be the bowl that was just used for the apples — and stir until combined. Drizzle the butter and vanilla over the oat mixture and stir to combine.
4. Top the crisp. Scatter the crisp topping evenly over the fruit mixture, leaving large clumps intact.
5. Bake the crisp for 50 to 60 minutes. Bake until the fruit juices are bubbling around the edges of the baking dish and the topping is golden and firm to the touch, 50 to 60 minutes.
6. Cool the crisp. Let the crisp cool on a wire rack for at least 15 minutes before serving. If transporting to a picnic or party, let the crisp cool completely to give the fruit filling time to set.
Health and Nutrition

Tips for Staying Healthy

Healthy eating begins with you! As we age, our bodies need more of certain nutrients. It can make a difference in overall health and improve how you feel. That means, it is key to choose foods that give you the best nutritional value.

Important Tips

Lose weight or maintain a healthy weight. This will help reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. If you have a chronic disease, eating well can help to manage the disease. Eating a variety of foods from all food groups will help you to get the proper nutrition to stay healthy.

Special Nutrition Advice

- Use the MyPlate US Dietary Guidelines as a tool to help you plan your meals and snacks.
- Consume foods fortified with vitamin B12, such as fortified cereals, fish, eggs.
- Add flavor to foods with spices & herbs instead of salt. Look for low-sodium packaged foods.
- Add sliced fruits and vegetable to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge. Think orange, red, green, and purple colors.

Continued on next page...
Drink 3 cups of fat-free or low-fat milk throughout the day.
Drink water instead of sugary drinks.
Choose whole grains (brown rice, bulgur, whole wheat pasta) for high fiber.
Choose lean protein (beans, eggs, seafood and lean meat).
Some medications can affect your appetite. Talk with your doctor if you are concerned.

Remember

Our daily eating habits change as our bodies get older. Make small changes to help you enjoy the foods and beverages you eat and drink. Look for food sources of Vitamin D, an important mineral as we age. (eggs, milk, yogurt and fortified cereals are some excellent sources)

Sources: choosemyplate.gov and ncoa.org

Cornell Cooperative Extension
Suffolk County

Visit for more information:  http://ccesuffolk.org/community-nutrition-health
423 Griffing Avenue, Suite 100 • Riverhead, New York 11901-3071
631.727.7850 • www.ccesuffolk.org

This material was funded by USDA’s Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider. USDA is an equal opportunity provider and employer.

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Page 14
BRAIN POWER ANSWERS
1. preach
2. never
3. fiddle
4. done
5. medicine
6. dirt
7. keeps the doctor away
8. won’t spoil the whole bunch
9. applesauce
10. my eye
11. the heart is
12. cucumber
13. britches
14. collar
15. vest
16. shirt
17. sleeve

Page 15
HALLOWEEN WORD
SCRAMBLE ANSWERS
Spooky
Black
Skeleton
Haunted House
Phantom
Grim Reaper
Cauldron
BONUS: Goulash

Page 16
NAME THAT CAKE ANSWERS
1. Carrot Cake
2. Birthday Cake
3. Cheesecake
4. Banana Cake
5. Angel Food Cake
6. Upside Down Cake
7. Pancake
8. Cupcake
9. Pound Cake
10. Sponge Cake
11. Devil's Food Cake
12. Sheet Cake
13. Crab Cake
14. Red Velvet Cake

Page 17
PRESIDENTIAL TRIVIA ANSWERS
1. C
2. B
3. C
4. B
5. A
6. A
7. C
8. C

Page 18-19
1040'S TRIVIA ANSWERS
1. B
2. A
3. C
4. D
5. B
6. D
7. A
8. B
9. C
10. A
Answer Key

Page 20
TOP SONGS OF THE 1950’S ANSWERS
1. Q 14. U
2. O 15. A
4. R 17. P
5. W 18. I
7. Y 20. F
10. C 23. K
11. E 24. L
12. V 25. M
13. T

Page 21
MEMORY LANE ANSWERS
1. A
2. B
3. C
4. A
5. B
6. C

Respond your way to the 2020 Census.

By April 1, 2020, every home will receive an invitation to participate in the 2020 Census. You will have three options for responding. All of them are easy!

Online  By Phone  By Mail

The 2020 Census marks the first time you will be invited to respond online—even on your mobile device. The online form is available in many different languages. Visit 2020CENSUS.GOV for more information about responding online.

2020CENSUS.GOV
D-HP-GF-EN-417
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Meetings held Thursdays, 12:00 p.m. - 3:00 p.m.

Oakdale Over 60 Club
Oakdale Senior Center
963 Montauk Highway, Oakdale
Call Cecilia at (631) 589-4365

Meetings held 1st and 3rd Wednesday of each month at 1:00 p.m.
Important Telephone Numbers

The following numbers are to obtain information. Some may refer you to local chapters or affiliates.

**Suffolk County Non-Emergency** ................................................................. (631) 852-COPS

**AARP** ........................................................................................................ General Number: 1-888-687-2277
  
  www.aarp.org

**HEAP Home Energy Assistance Program** ................................................. (631) 853-8326

**Town of Islip Housing Authority**
**Senior Housing and Subsidized Housing for Seniors** ....................... (631) 589-7100

**MEDICAID** ................................................................. For eligibility information call: (631) 853-8730

**MEDICARE** ........................................................................................................ General Number: 1-800-633-4227
  
  www.medicare.gov

**SCAT Suffolk County Accessible Transportation for Disabled** ........... (631) 853-8333
  or (631) 853-8337

**SNAP (formerly known as Food Stamps)**
**Social Services Smithtown Center** ........................................................... (631) 853-8714
  
  www.suffolkcountyny.gov or www.mybenefits.ny.gov

**Social Security** ........................................................................................................ 1-800-772-1213
  
  www.socialsecurity.gov

**Suffolk County Office for the Aging** ................................................. General Number: (631) 853-8200

**Suffolk County Veterans Service Agency**
**Hauppauge Office at 100 Veterans Memorial Highway** ............... (631) 853-VETS
  
  **Riverhead Office at 300 Center Drive** ......................................................... (631) 852-1410

**VIBS 24-hour Hotline** .......................................................................................... 631-360-3606
  
  www.vibs.org

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