

## East Hampton Town Senior Nutrition Program

### PROVIDES A MAIN MIDDAY CONGREGATE MEAL FOR:

Town Residents 60 years or older,  
all participants must register and make  
a reservation.

### PROGRAM HOURS:

8:00 AM to 3:00 PM  
Monday through Friday

A hot meal is served at 12:00 Noon  
Suggested Voluntary Anonymous  
Contribution - \$2.50 per meal.  
Snacks are provided\*

Persons with self-declared incomes at or  
above 185% of the federal poverty level are  
encouraged to make a contribution equal to  
the actual cost of the meal.

Each month a MENU and CALENDAR of  
events are provided. Activities include arts  
& crafts, parties, bingo, meditation, yoga,  
walking club, bridge, knitting workshop,  
mahjonn, music, movies, trips and other  
social and educational activities.

Grab & Go Meal Service—if you prefer you  
can pick up your meals to heat up at home.  
Pick up is Wednesdays from 9-11:00AM.  
You will be given five (5) frozen meals.

### **For Information & Reservation call: 631-324-6711**

Program Supervisor, Michelle Posillico

Transportation is provided to participants  
without other means of transportation to and  
from the Center. Transportation is provided  
door to door to and from home of our  
participants.

For reservations call - 324-4443

Supervisor, Peter Van Scoyoc  
Deputy Supervisor, Kathee Burke Gonzalez  
Councilwoman, Sylvia Overby  
Councilwoman, Cate Rogers  
Councilman, David Lys

### **ADDITIONAL LOCAL SERVICES:**

#### MONTAUK COMMUNITY

SENIOR NUTRITION PROGRAM provides,  
for a contribution of \$3.00, a hot main meal at  
12 Noon at the Montauk Playhouse  
Community Center. For Information or  
reservation call - 631-668-1023

#### R.S.V.P., Retired Senior Volunteer Program

provides, at no cost, daily telephone safety  
checks and reassurance, and home visits to  
seniors living alone.

For information call - 631-267-8371

#### EAST HAMPTON MEALS ON WHEELS, INC.

Provides two meals a day,  
home delivered Monday-Friday.  
Fee on a sliding scale.

For information call - 631-329-1669

#### BLOOD PRESSURE SCREENING

Available on the first Tuesday of each month  
at East Hampton Senior Center. Service  
provided by the East Hampton Health  
Foundation.

#### CAREGIVER SUPPORT GROUP

For those caring for someone 60+ meets at the  
Senior Center Lounge every Tuesday of the  
month at 1:00PM.

**For Information contact** Liliana Rodriguez at  
631-329-6939

## Town of East Hampton Department of Human Services

128 Springs Fireplace road  
East Hampton NY 11937  
Tel: 631-329-6939 Fax: 631-329-6693



**Human Services Dept. - 631-329-6939**  
**Senior Nutrition Center - 631-324-6711**  
**In-Home Services - 631-853-8200**  
**Senior Transportation - 631-324-4443**  
**Residential Repair - 631-329-6939**  
**Case Management—631-329-6939**  
**Programs for the Aging—631-329-6939**

Human Services Director, Diane Patrizio

Programs Funded By:

- Town of East Hampton
- New York State Office for the Aging
- Suffolk County Office for the Aging and
- U.S. Administration for Community Living

## **PROGRAMS FOR THE AGING**

60+ Wellness Programs at Ashawagh Hall  
780 Springs Fireplace Road  
QiGong III—12:30PM, Wednesday  
Osteoporosis Prevention & Stretching—  
2:00PM Wednesday

Activities of the Senior Center  
Yoga— 10AM, Mon., Wed, & Fridays  
Healing Circle—10AM, Tuesday  
QiGong—10AM Thursday  
Mindfulness Meditation—9:45AM Monday  
Bingo—12:30PM, Tues. & Thurs.  
Bridge—12:30PM, Wednesday

## **RESIDENTS WITH SPECIAL NEEDS**

Registry of Town Residents with  
SPECIAL NEEDS to receive evacuation and  
shelter assistance during natural disasters  
like hurricanes or severe flooding.

## **REFERRAL AND CASE MANAGEMENT**

- Information
- Referrals
- Assistance with accessing entitlements
- Advocacy

## **MENTAL HEALTH SERVICES**

For East Hampton Residents—coordinated  
through a cooperative agreement between the  
Town and Family Service League.  
Referrals immediately, with regular follow-up.

## **FREE COUNSELING FOR SENIORS** -

Provided via telephone every Friday via sched-  
uled appointments.

**For Information call - 631-329-6939**

Liliana Rodriguez, Case Manager  
(Spanish Speaking)

## **SENIOR TRANSPORTATION**

This free service is available to senior citizens,  
and those under the age of 60 who are disabled  
and unable to drive and have no access to other  
means of transportation.

Transportation is provided for  
ESSENTIAL SERVICES.

Transportation is provided to Town Programs:

- East Hampton Senior Nutrition Program
- Montauk Senior Nutrition Program
- Wellness Activities

Provides services for scheduled appointments  
that are not emergencies.

Reservations must be made at least 72 hours  
in advance.

**There is no fee and tips are not accepted.**

Weekly Shopping Trips are also scheduled

## **Senior Shopping Assistance Program**

- Grocery shopping assistance for Seniors 60+
- Town staff are here to do the shopping for  
you
- Orders taken over the phone or in person
- Groceries will be delivered to your door
- Assistance unpacking groceries available
- Aides available to accompany seniors who  
Prefer to do their own shopping

Voluntary contribution can be made to the contri-  
bution box at the  
Transportation office, or by sending a check to  
Town of East Hampton  
159 Pantigo Road,  
East Hampton, NY 11937

**For Information call - 631-324-4443**

Monday-Friday 8:00 AM-4:00 PM  
Program Supervisor - Susan Trotman

## **IN-HOME SERVICES**

A program of home care services for residents  
over 60 years of age who need assistance with  
light housekeeping, light meal preparation,  
errands or shopping to ensure their health and  
safety at home. There may be a “cost share” on  
a sliding scale basis.

**CASE MANAGEMENT** is provided by the Suf-  
folk County Office for the Aging and  
including assessment, coordination of services  
and assistance with securing other benefits and  
services.

**For Information Call - 631-853-8200.**

## **RESIDENTIAL REPAIR PROGRAM**

Residential Repair Program provides household  
assistance with chores that do not require the  
skills of a licensed craftsman.

Services Provided include:

Minor plumbing, minor carpentry, painting,  
storm windows, grab bars, smoke alarm  
installation.

**For Information call - 631-329-6939**

Liliana Rodriguez, Case Manager  
(Spanish Speaking)



Brochure updated January 2022