

VILLAGE OF SEA CLIFF SENIOR CITIZENS OUTREACH NETWORK- SPRING/SUMMER 2024-

It is timely that the month of May is Older Americans month and the 2024 theme is: **Powered by Connection**, which brings awareness to the profound impact that social connections and community life has on our health and well-being. The Village of Sea Cliff Senior Outreach Network will prioritize ways to build meaningful social connections through community events and activities and promote resources for seniors facing challenges.

Powered by Connection is a concept that reminds us that we have the essential task of strengthening our connections to our elder neighbors which contributes to the health, well-being, and resilience of the community as a whole.

In effort to build relationships and create space for multi-generational social interaction, there are numerous ways to participate, or help others to engage. Please join the effort to strengthen connections and spread the word about events and activities that can foster social engagement.

The Senior Outreach Network will communicate about upcoming events for seniors on the Village of Sea Cliff website page and the VSC Facebook page. Flyers will be posted at Village Hall and Sea Cliff Library, and mailings will be sent to individuals who sign up for communications by calling Village Hall at 516-671-0080.

- *Did You Know:*
- Two events just launched the Spring season of senior programming: An intergenerational program: “Exploring our history through the stories of artifacts”, at Sea Cliff Village Museum, and an informational session at the Mutual Concerns senior lunch program on “Health and Home Emergency Preparedness” presented by Sea Cliff Fire Dept and Northwell Health representatives.
- Several local excursions for seniors are being planned for Spring and Summer months; door-to-door free bus transportation will be available. Locations and dates will be posted on Sea Cliff Village website and Facebook page. Join us at Sea Cliff beach for a lunch outing on the pavilion or experience a docent tour of the Nassau County Art Museum.
- St. Francis Outreach Health Bus- will offer free health screenings using their state-of-the-art Outreach Bus. The screenings will include a brief cardiac history, blood pressure, simple blood test for cholesterol, and diabetes screening with patient education and referrals. July 9th 10:00am-2:00pm, Roslyn Ave & Glen Ave by St. Luke’s Church, Sea Cliff.
- The Home Energy Assistance program (HEAP) now provides a Cooling Assistance Benefit as of April 15, 2024. If you are eligible, you may receive one Cooling Assistance benefit per applicant household for the purchase and installation of an air conditioner or a fan to help your home stay cool. Call: FCA to learn more: 516-277-7386.
- Glen Cove Senior Center provides Curb-to-Curb Transportation for seniors in Glen Cove, Glen Head, Glenwood Landing and Sea Cliff. It’s free to join and they offer a myriad of programs that support healthy aging, as well as social work services.
- Sea Cliff Village offers free bus transportation for weekly shopping trips on Wednesdays, and a monthly trip to Trader Joe’s. Senior Action Committee Volunteers offer free transportation to medical appointments.

To be involved in the Senior Enrichment Network or get on the mailing list, please contact: Tracy Arnold Warzer, Senior Program Development Specialist, Email: Twarzer@seacliff-ny.gov, or call 516-671-0080.