

SPECIAL SUPPLEMENT

HERALD

**SENIOR
HEALTH
& BEYOND
EXPO**

PRESENTED BY:



Stony Brook Medicine

MEDIA PARTNER:

The Smithtown News



11.03.24

10AM-2PM

SUFFOLK Y JCC

74 Hauppauge Rd, Commack

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PLUS! FREE LUNCH*

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*FOR THE FIRST 175 ATTENDEES

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NovemberExpo.eventbrite.com
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STAGE74 THEATER CALENDAR

2024

2025

October 19

VIP Reception 6:30 pm
Performance 8:00 pm

A fundraiser to benefit
STAGE 74's theater education
& live stage performances.

With performances from 5 Broadway stars & STAGE 74
Company Members



November

9 | 8:00 pm
10 | 2:00 pm
16 | 8:00 pm
17 | 2:00 pm

Star
Playhouse



Lunch + Show | **November 10** | 12:00 pm

December

14 | 7:30 pm
15 | 2:00 pm

Jr. Company



Purchase
Tickets
TODAY!

January

16 | 6:30 pm
Butler Theater Company



February

1 | 7:30 pm
2 | 2:00 pm

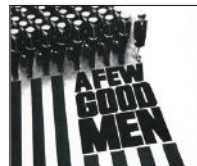
Teen Company



March

1 | 8:00 pm
2 | 2:00 pm
6 | 7:30 pm
8 | 8:00 pm

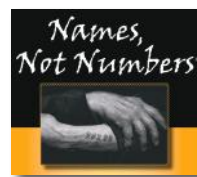
Star
Playhouse



Lunch + Show | **March 2** | 12:00 pm

March

23 | 4:00 pm
A Holocaust Memorial
Film Project



April

5 | 7:30 pm
6 | 2:00 pm

Jr. Company



April 26 | 8:00 pm
27 | 2:00 pm

May 3 | 8:00 pm
4 | 2:00 pm

Star Playhouse

Lunch + Show | **April 27** | 12:00 pm



May

10 | 7:30 pm



May

22 | 6:30 pm
Butler Theater Company



May

28 | 6:30 pm
Music Showcase
by Butler participants



*subject to change

Verve 55+ at SYJCC presents

Lifelong Learning Lecture Series

Sponsored by Brandywine Independent Living

Fall 2024

Wednesday, **November 20, 2024** | 2:00-3:30 pm

Nadia Nehoria Eshaghpour presents:

Saffron & Spice: My Persian Kitchen

What binds communities together? Family, tradition, culture and food!

The Jewish Iranian community is rich in all of these. This lecture will explore Jewish Iranian traditions and how food is interwoven in the cultural fabric that continues to be cultivated by a new generation.

Nadia Eshaghpour is a New-York based cook and author. Originally, from Iran, Nadia wanted to share her love and expertise of Persian culinary with others. Alas, Saffron & Spice: My Persian Kitchen was born. This is Nadia's first cookbook but she is just getting started. **LIGHT REFRESHMENTS WILL BE SERVED**

Questions? Contact: Tina Block, 631.462.9800, x121 | tblock@syjcc.org



74 Hauppauge Rd, Commack, NY
631.462.9800 | syjcc.org



Fee: \$12 | Member discounted fee: \$8

At the door: \$15

Member discounted fee: \$10

Pre-registration is recommended.

Refunds are subject to SYJCC policy.

To register:





SENIOR
HEALTH
& BEYOND

EXPO

Let's Go to the Expo!

Herald Community Media and RichnerLIVE are thrilled to announce the upcoming Senior Health & Beyond Expo presented by Stony Brook Medicine, the fifth and final expo in the 2024 series! Mark your calendars for Sunday, Nov. 3, 2024, from 10 a.m. to 2:00 p.m., at the Suffolk Y JCC, 74 Hauppauge Rd, Commack, NY 11725.

This free community event will spotlight the latest in wellness facilities, treatments, and remedies, all designed to enhance your health and well-being. Expect a day packed with educational vendors, interactive activities like yoga and Pilates, and even a chance to get a jump start on your holiday shopping! But that's not all—there will also be tarot readings and so much more to explore.

As a special treat, we're excited to announce a special appearance by Ms. Senior New York America + the Seasoned Steppers and Dazzling

Divas, who will be performing live and bringing some extra energy and excitement to the day!

Raffle drawings will be held every half hour, giving you multiple chances to win exciting prizes throughout the event. Friends, family, and caregivers are all welcome to join in this lively day filled with learning, fun, and community. With something for all ages, this event offers everyone the opportunity to gain valuable knowledge and resources.

Discover how to optimize your life, adopt a healthier lifestyle, and enjoy a day of entertainment and enlightenment. The Senior Health & Beyond Expo features companies specializing in fitness, alternative medicine, financial and estate planning, and lifestyle enhancements. Experts from various fields will lead panel discussions and Q&A sessions covering programs and services tailored to seniors.

Plus, attendees will receive a complimentary swag bag filled with goodies (while supplies last) and could walk away with exciting door prizes. Be sure to stay for the panel as the first 175 attendees will receive a free to-go lunch courtesy of Bagel Boss—just don't forget to grab your lunch ticket!

Presenting Sponsor: Stony Brook Medicine. Silver Sponsors for this year's expo include Parker Jewish Institute for Healthcare and Rehabilitation, CenterLight Healthcare PACE, Cona Elder Law, Brightview Senior Living, Whisper Woods of Smithtown, NYS Department of Public Service, Carillon Nursing and Rehabilitation Center, The Stroke & Brain Aneurysm Center of Long Island, Branch Funeral Homes, and Visiting Nurse Service & Hospice of Suffolk. Special shout out to our Refreshment Sponsor: Ideal Home Care, and our Venue Sponsor: Suffolk Y JCC.

**SUNDAY
NOV. 3**

10AM - 2PM

**TO REGISTER CALL
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OR VISIT
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EVENTBRITE.COM**



Whisper Woods of Smithtown residents share an average of 19 daily interactions with our associates.

Life at a Benchmark community is centered around meaningful connections. As we age, the unwanted effects of loneliness can impact daily living, which is why at our community, life is filled with compassionate care, extensive programming, chef-prepared meals, and associates that make our residents feel at home.




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Stony Brook **Medicine**

Caring for Seniors and Families

Our four-hospital network provides world-class, personalized and compassionate care across Long Island, and is committed to serving the diverse needs of seniors and their families.

From managing chronic conditions to providing treatments for acute or more complex conditions, our experts in geriatric care — including geriatric psychiatry, as well as cardiology, neurology, oncology and other areas ensure that older Long Islanders receive top-tier medical attention close to home. We ensure this by offering over 1,400 physicians spanning nearly 150 specialties, and over 200-community based healthcare facilities.

Our Center of Excellence for Alzheimer's Disease, located in Putnam Hall at Stony Brook University, is the only such center on Long Island, one of only 10 in New York State. The Center offers mild cognitive impairment assessments, diagnostic services, and more for those seniors with memory loss and other mental health concerns. Our Heart Institute, Cancer Center, and Cerebrovascular

and Comprehensive Stroke Center deliver life-saving treatments and clinical trials, often not available elsewhere in the region. Seniors also benefit from access to Suffolk County's Level I Trauma Center and Long Island's first and only mobile stroke unit program, ensuring rapid response in critical situations.

Stony Brook Medicine is more than a hospital system — we're a community partner. We provide seamless healthcare that extends beyond our hospitals and includes home care and telemedicine options. Our facilities range from individual practice locations to multispecialty care sites. One of our largest multi-specialty locations is right in Commack, where care is available in more than 30 specialties under one roof.

At every level, Stony Brook Medicine is dedicated to promoting health equity and access, ensuring that all patients feel respected, valued and heard. Our goal is to help seniors maintain independence and quality of life, while offering support to their families and caregivers.



The Suffolk-Y JCC in Commack is a vibrant hub for community engagement, education, and cultural enrichment. With a mission to foster Jewish identity and community spirit, the SYJCC offers a wide range of programs and services for all ages. Families can enjoy a variety of recreational activities, including sports leagues, fitness classes, and summer camps, all designed to promote wellness and teamwork.

In addition to recreational offerings, the SYJCC hosts educational programs that focus on Jewish heritage, arts, and culture, helping members deepen their understanding and appreciation of traditions. The center also provides support services for individuals and families, ensuring a welcoming and inclusive environment for everyone.

With its state-of-the-art facilities, including classrooms, sports courts, and event spaces, the SYJCC is an ideal venue for community events, celebrations, and gatherings. Whether you're looking to connect with others, learn new skills, or celebrate special occasions, the SYJCC is committed to enriching the lives of its members and fostering a strong, supportive community in Commack and beyond.

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ABOUT OUR SPONSORS



Stony Brook Medicine

Stony Brook Medicine unites Stony Brook University's health-related initiatives in education, research, and patient care. It encompasses Health Sciences schools, a Public Health Program, and hospitals including Stony Brook University, Children's, Southampton, and Eastern Long Island. Over 200 community healthcare settings serve Suffolk County, alongside the Long Island State Veterans Home.



Parker Jewish Institute
HEALTH CARE AND REHABILITATION

Parker Jewish Institute for Health Care and Rehabilitation, located in New Hyde Park, NY, offers comprehensive services for older adults, including short-term rehabilitation, long-term care, hospice, medical house calls, home health care, and adult day health care. Renowned for its compassionate, high-quality care and state-of-the-art facilities.



Department of Public Service

NYS Department of Public Service Consumer Assistance is a New York State agency that oversees and regulates utilities (electric, gas, water, telecommunications companies). The department's Office of Consumer Services ensures that utilities comply with the Home Energy Fair Practices Act (HEFPA), works to resolve utility disputes, and advocates on behalf of New York State's utility consumers.



There are a number of options available to individuals looking for a healthcare plan. If you need long term care services for more than 120 days and prefer to live safely at home, CenterLight Healthcare's Program of All-Inclusive Care for the Elderly (PACE) can help. CenterLight PACE offers you an all-inclusive customized plan carried out by a dedicated team that includes a physician, nurse, registered dietitian, social worker, physical and occupational therapist, and therapeutic recreation specialist. Together, these health professionals work with you and your family to help you continue to enjoy living safely in your own home and community.



Whisper Woods
OF SMITHTOWN

Whisper Woods of Smithtown provides assisted living and memory care, offering personalized apartments, 24/7 compassionate care, and advanced healthcare capabilities. Residents enjoy rich social engagement, convenience, and comfort without home maintenance. The dedicated staff ensures residents stay connected to what matters most in a supportive, welcoming environment.



Carillon Nursing and Rehabilitation Center, set on 11 landscaped acres in Huntington, Long Island, provides comprehensive care with a dedicated staff. For over 45 years, they've delivered top-quality, professional healthcare in a warm, home-like environment, offering residents a welcoming, supportive atmosphere in the heart of the North Shore.



Cona Elder Law, an award-winning Melville firm, specializes in elder law, estate planning, special needs planning, and healthcare law. Celebrating over 25 years, they're known for innovative strategies, creative techniques, and exceptional legal skills, always exceeding client expectations with a commitment to delivering outstanding results.



Brightview Senior Living offers a premium, all-inclusive lifestyle with vibrant activities, chef-prepared meals, transportation, and top-notch amenities. With over 20 years of experience, they provide independent living, personalized assisted living, and innovative memory care to keep residents safe, engaged, and inspired in a welcoming community.



With over 120 years of experience, the Vigliante family at Branch Funeral Homes offers personalized life celebrations and memorials. From classic services to custom gatherings, Harley Hearse rides, and catered receptions—plus support from their certified grief therapy dog, Hudson—their goal is to honor loved ones during life's toughest moments.



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Visiting Nurse Service & Hospice of Suffolk is a not-for-profit, 501(c)3 organization established in 1952 as Suffolk County's first home care nursing agency.

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Established in 2004 by Visiting Nurse Service & Hospice of Suffolk, Hospice House, is an 8-bed, inpatient facility located at 101 Laurel Road in East Northport where 24-hour hospice care is provided in the warmth of a homelike environment.

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**TUESDAYS &
WEDNESDAYS
9 am – 9 pm
SATURDAYS
9 am - Noon**

NUMC.edu

Things to do at the Expo:



Bingo, demonstrations such as Yoga, Pilates, Tai-chi and more!

- Health Screenings and Vaccines
- Online Safety for Seniors presentation by Long Island Citizens for Community Values (LICCIV)
- Miss New York Senior America
- Seasoned Steppers (dance performance) + Dazzling Divas (singing performance)
- Tarot Card Readings and other spiritual adventures
- Do your holiday shopping or pick up something for yourself!
- Kostume Klassics
- Crochet Creations by Jackie
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**SENIOR
HEALTH
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EXPO

- Avanti Health Care Services
- AARP Long Island
- Amber Court
- Aspen Dental
- Bathroom Pros
- Blue Star Moms
- Branch Funeral Homes
- Brightview Senior Living
- Caring People, INC.
- Carillon Nursing and Rehabilitation Center
- CenterLight Healthcare PACE
- Centers for Hyperbaric Medicine & Wound Healing at Catholic Health
- ClearCaptions
- Commack Public Library
- Community Care Home Health Services
- Cona Elder Law PLLC
- Cornell Cooperative Extension Suffolk County
- Crochet Creations by Jackie
- Fox Rehabilitation
- Home Instead
- Ideal Home Care Services
- Kostume Klassics

- Miss New York Senior America
- Moskowitz Legal Group
- Natural Remedies
- Netherbay at Bay Shore
- New York Cancer & Blood Specialist
- Nassau University Medical Center
- NYSARC
- NY Life Insurance
- NYS Department of Public Service Long Island
- Parker Jewish Institute for Health Care and Rehabilitation
- Renewal by Andersen
- Stony Brook Medicine
- Suffolk County Office of the Aging
- Suffolk Credit Union
- Sunharbor Manor
- SYJCC
- The Complete Real Estate Group
- The Stroke & Brain Aneurysm Center of Long Island
- Visiting Nurse Service & Hospice of Suffolk
- Whisper Woods of Smithtown

**List still in formation*

**SUNDAY
NOV. 10**

**VISIT EXHIBITORS:
10AM-2PM**

**LUNCH PANEL + Q&A:
12:30PM-1:30PM**

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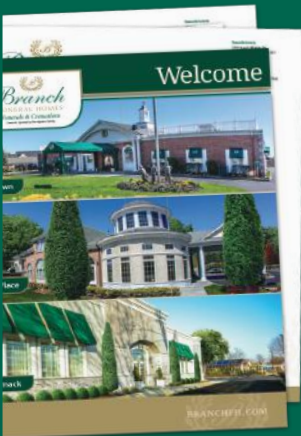
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Meet Our Speakers



Keynote Speaker

GERIATRIC SPECIALIST
Stony Brook Medicine



Topic:
Why Parker Jewish

PABLO RENDON
Public Affair Marketing Associate
Parker Jewish Institute for
Health Care and Rehabilitation



Topic:
Why Live Here

MARY CONSTANTINO
Director of Community Relations
Whisper Woods of Smithtown



Topic:
What can an Elder Law Attorney do for you?

MELISSA NEGRIN-WIENER, ESQ.
Cona Elder Law PLLC



Topic:
Senior Living on Long Island

CHRIS O'HARA
Outreach Director
Brightview Senior Living



Topic: Consumer Assistance Programs & Prepping for Winter

JILL WASSER
Utility Consumer Program Specialist
NYS Department of Public Service LI



Topic:
CenterLight Healthcare PACE

PIERRE MENARD
Account Manager - Business Development
CenterLight Healthcare PACE



Topic:
Inpatient Rehabilitation (PT/OT/SLP/Recreational Therapy)

JANHAVI SONI
LNHA MBA DPT
Carillon Nursing and Rehabilitation Center



Mae Caime
CEO, VIP Health Connections & Founder, aMAEZing Midlife & Beyond

Mae Caime, a timeless visionary at 65-plus, is fueled by an unwavering passion to empower people, especially women, through her secret sauce recipe: Mindset, Movement, and Magic. Holding formal titles such as a Registered Nurse, Certified Integrative Health Coach, treasurer to Blue Star Moms NY6, and reigning Ms. New York Senior America 2023, Mae is a dynamic CEO with over 35 years of experience in building multimillion-dollar enterprises.

As a successful event director, coordinator, and speaker, whether it

AGELESS ATTITUDE: ROLE TO SOUL

Mindset matters. What you "think," can actually change everything. With a little movement in your thinking and physical activity, you will create a new magical beginning. Attendees will awaken a whole new outlook on aging and all its perks — with some sass, sizzle, sparkle, and stretch! This is a fabulous time in your life and Mae can guarantee a new sense of value.

be for fundraising or women's events/summits, she engages audiences with her philosophy centered on guiding those to embrace each stage of life: to embark on a journey of self-discovery, navigate transformative paths, establish healthy boundaries, indulge in guilt-free self-care, and pursue soulful fulfillment. As an eternal optimist, Mae discovered age-defying benefits in body, mind, and soul despite facing the challenges of Lupus and Hashimoto's.

Mae's commitment to discredit ageism is unwavering — she believes it is never too late to live vibrantly with fulfillment and purpose. Dubbed an ACTION coach, adventurous fitness advocate, networking queen, and lover of red-wine conversations, Mae is also a girlie girl with a passion for

glam looks, fashion, and skincare. The CEO, turbo cook, avid world traveler, wife, and mom, Mae embraces her Christian spiritual soul, trusting in God's plan during challenging times. Community service is integral to Mae's identity, and she finds immense joy in participating in medical missions worldwide; through charitable organizations, she makes a difference by providing food, clothing, shelter, education, and life-changing medical surgery and support.



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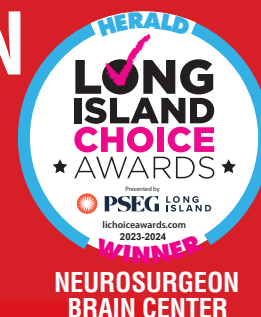
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Dr. Bekelis is a board certified fellowship trained neurosurgeon with subspecialty training in minimally invasive endovascular neurosurgery. As one of the most prominent, widely published stroke researchers in the country, with several national and international awards, Dr. Bekelis is the Chairman of Neuroscience of Catholic Health. Director of the state-of-the-art Stroke and Brain Aneurysm Center of Long Island, and the Co-Director of the Neuro ICU at Good Samaritan Hospital Medical Center.



Dr. Kimon Bekelis

Leading The Treatment of Stroke & Brain Aneurysm Center on Long Island



The Stroke and Brain Center of Long Island is the only comprehensive stroke center on the south shore of Long Island. Our expert team of clinicians are dedicated to all types of endovascular neurological disease and treatments. Our state-of-the-art outpatient center offers noninvasive neurovascular imaging that can aide in the early detection and treatment of carotid artery and neurovascular disease. Our monthly support group is open to all patients and family members who have been affected by neurovascular disease.

For more information or to schedule an appointment call
631-983-7072 **or visit:** strokecarelongisland.com



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- Allergy/Immunology
- Bariatric and Metabolic Weight Loss Center
- Cardiology
- Dermatology
- Ear, Nose and Throat/Otolaryngology
- Endocrinology
- Fertility
- Gastroenterology
- General/Gastrointestinal Surgery
- Geriatrics
- Hernia Care
- Infectious Diseases
- Neurology
- Neurosurgery
- Obstetrics and Gynecology
- Ophthalmology
- Orthopaedics
- Pediatrics – Primary and Specialty Care
- Pediatric Surgery
- Plastic and Reconstructive Surgery
- Podiatric Surgery
- Psychiatry
- Pulmonology
- Radiology/Imaging
- Rheumatology
- Surgery
- Urology – Female, Men's Health, Pediatric, Urologic Oncology
- Vascular and Endovascular Surgery
- Vein Care
- World Trade Center Health and Wellness Program

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