

# THURSDAY'S THOUGHTS

From Suffolk County Legislator

**William R. Spencer, M.D.**



**GREETINGS 18TH LEGISLATIVE DISTRICT RESIDENTS!**

– Greenlawn – Centerport – Northport – Asharoken – Eaton's Neck – Huntington – Halesite –  
– Huntington Bay – Huntington Station – Lloyd Harbor – Cold Spring Harbor – East Northport –



*Dear Neighbor,*

*I am excited to say that Huntington has been recognized by Money Magazine as one of the top 50 places to live in the United States! This honor is a testament to the vibrancy of our community and the people who live here. Every day I am thankful to be able to raise my family here and represent all of you. I am grateful for your input as we face our challenges together to make life better for everyone in our township.*

Visit <http://time.com/money/4469045/huntington-new-york/> to read the full article.

*~Legislator William Spencer, M.D.*



## **SHED THE MEDS**



Sponsored by Legislator Spencer, Paumanack Village, and the Suffolk County Sheriff's Office

**When:** Wednesday, September 28<sup>th</sup> 11:00am – 1:00pm

**Where:** Community Room at Paumanack Village  
650 Paumanack Village Drive  
Greenlawn, NY 11740

**Dispose of your unused medications. Keep them out of the hands of children, and help protect our ground water! ALL prescription and over the counter medications will be accepted. Residents aged 62+ can also get their Senior ID Card or sign up for the Yellow Dot Program. For more information call Legislator Spencer's office at (631) 854-4500.**

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## ***Legislator Spencer Meets With Farmingdale Nursing Students to Discuss Community Health***



This morning I had the opportunity to meet with nursing students from Farmingdale State College to discuss community issues and challenges impacting individual patient outcomes and the overall health of our communities. We were able to delve into important health issues affecting Long Islanders from tobacco use and the rise in popularity of e-cigarettes, to water quality issues including the Bethpage Plumes, and the importance of proper medication disposal. With nurses making up the largest group of professionals in healthcare, who have the most one-on-one interaction with patients, they play an instrumental role in treating, educating, and guiding patients toward a healthier lifestyle. Thank you to Professor Granados for coordinating this insightful and engaging session!

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**--- CENTERPORT FIRE DEPT PRESENTS ---**

**THE 1ST ANNUAL**

# **COUNTRY CONCERT & BBQ COOK OFF**

**SATURDAY SEPT. 24, 2016**

**CENTERPORT BEACH**

**11AM TO 5PM**

**--- RAIN OR SHINE ---**

**GENERAL ADMISSION \$5.00**

**LIVE MUSIC BY Joe Bayer Band**

**JUDGING COURTESY OF:**

- MILL FORD
- OLD FIELDS RESTAURANT
- RUIVO

**FOR INFO VISIT CENTERPORTFD.ORG**

A cowboy hat and a pair of cowboy boots are positioned on the right side of the sign.

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# Community Conversation

**Wednesday, September 28, 2016 from 6 pm to 8 pm.**

at the Huntington Opportunity Resource Center  
1264 New York Avenue Huntington Station, NY 11746

This forum is designed to promote an honest conversation among community members, community leaders and law enforcement in an effort to improve communication, mutual respect, and safety for all. If you are interested in making difference and seeing the change you want implemented in your community, please attend so your voice can be heard. RSVP to Dolores Thompson at 631-470-0636 or email [HuntingtonORC@HuntingtonNY.gov](mailto:HuntingtonORC@HuntingtonNY.gov)

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Suffolk County Executive  
**STEVE BELLONE**

Suffolk County  
**OFFICE FOR THE AGING**

Suffolk County  
**LEGISLATURE**



*3rd Annual* Farewell to  
**Summer**  
concert

**Thursday, September 29<sup>th</sup> 2016**

Doors open at **6:30 PM**; Concert starts at **7 PM**

**Patchogue Theatre for the Performing Arts**



Get your **FREE** ticket at  
**[www.PatchogueTheatre.org](http://www.PatchogueTheatre.org)**

Questions? Call the Suffolk County Office for the Aging at 631-853-8200

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# Free Annual Credit Report



Residents are reminded that they are entitled to obtain a **free** copy of their credit report annually from each of the credit reporting companies as part of the Fair Credit Reporting Act. The three nationwide credit reporting companies have set up a central website, a toll-free telephone number, and a mailing address through which you can order your free annual report. **To obtain your report, visit [www.annualcreditreport.com](http://www.annualcreditreport.com), call the toll-free hotline at (877) 322-8228, or complete the Annual Credit Report Request Form and mail it to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.**

For more information, visit <http://www.consumer.ftc.gov/articles/0155-free-credit-reports>

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## Quote of the Week...



Autumn is a second  
spring when every  
leaf is a flower.

*Albert Camus*

Sincerely,

*William R. Spencer, M.D.*

Suffolk County Legislator  
18<sup>th</sup> Legislative District

Feel free to stop by my office or contact me by e-mail, [william.spencer@suffolkcountyny.gov](mailto:william.spencer@suffolkcountyny.gov), or by phone at (631)854-4500. Like receiving Thursday's Thought? Be sure to tell your friends about it!

If you would like to be removed from our mailing list, e-mail [jennifer.mish@suffolkcountyny.gov](mailto:jennifer.mish@suffolkcountyny.gov).