

FOR ADULTS

May is Older Americans Month



"Ole Brown Eyes Sings Ole Blue Eyes"

(N) **Sunday, May 4, 2:00 p.m.**
Salon song, ballad, or swing...Jerry Cardone captures the look, the feel, and the sound of the Chairman of the Board. Enjoy Jerry's renditions as he pays homage to one of our greatest entertainers. Free tickets are available now at both libraries.

Hearing Screening

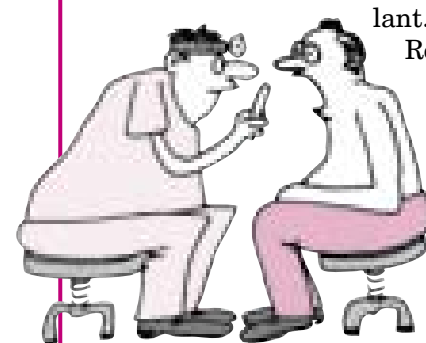
(EN) **Thursday, May 22, 10:00 a.m.-12 noon**
The Huntington Hearing and Speech Center will provide free hearing screenings at the East Northport Library. No registration is required. Screenings will be done on a first come, first served basis.

The Challenges of Aging

(N) **Monday, May 12, 7:30 p.m.**
Joyce Palmieri, RN, Director of Patient Services of the Visiting Nurse Service-Hospice of Suffolk County, will discuss topics of interest to seniors and adults caring for aging parents. Ms. Palmieri, who has worked for the VNS for 15 years, will share her knowledge as well as humorous anecdotes from her experiences working with the senior population. Ms. Palmieri will also discuss the Health Care Proxy and provide referral information. All are welcome.

Take Control of Your Healthcare: For Medicare-Eligible Seniors

(EN) **Wednesday, May 14, 3:00 p.m.**
In the past, our healthcare options were often limited to our family physician, an occasional visit to a specialist, and a few medications. Healthcare today is a sophisticated system of experts, techniques, tests, and medications that is constantly changing. It is essential for seniors to stay informed and vigilant.



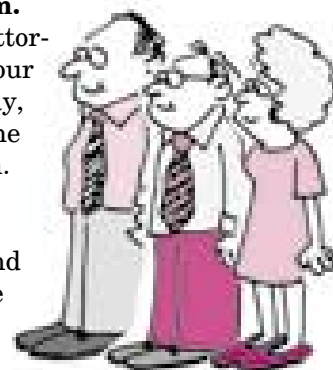
John Sciacchitano of the Retired Senior Volunteer Program (RSVP) will discuss healthcare options under Medicare, medication management, interacting with your doctor, and more. Your questions are welcome.

Harmonicas Plus

(N) **Thursday, May 15, 2:00 p.m.**
"Ain't She Sweet"... "Walking My Baby Back Home"... "Spanish Eyes"... "Five Foot Two"... remember these wonderful tunes? Here's your chance to enjoy them again as the talented ensemble Harmonicas Plus joins us for an afternoon of spirited entertainment. Harmonicas Plus has been received with wild acclaim at libraries, schools, and senior centers all around Long Island. All are welcome.

Your Annual Legal Checkup

(N) **Thursday, May 8, 3:00 p.m.**
Elder law/estate planning attorney Winter Brook Ryan will be our speaker for Decision-Making Day, an annual event sponsored by the New York State Bar Association. This year's program provides information on wills, powers of attorney, health care proxies, and more. Sample documents will be provided. Miss Ryan is a member of the Elder Law, Trust and Estate, and Tax Committees of the State and County Bar Associations. All are welcome.



Elder Law Financial Planning

(N) **Friday, May 23, 1:00 p.m.**
George Roach of the Legal Aid Society will provide you with up-to-date information on estate planning, durable wills, powers of attorney, living wills, health care proxies, and long-term care options. Your questions are welcome.

55/Alive Driver Program

(N) **Mondays, June 2 & 9, 7:00-10:00 p.m.**
Register May 17 at the Northport Library.

(N) **Monday, June 16, 9:30 a.m.-4:30 p.m.**
Register May 31 at the Northport Library.

AARP's Mature Driver Program is open to Library card holders who are 50 years of age or older. There is a \$10 fee payable to AARP by check or

Health Insurance Information, Counseling & Assistance Program

(N) **Thursday, May 15, 1:00-4:00 p.m. by appt.**
HIICAP-trained counselors answer questions about Medicare, supplementary insurance, and HMOs designed for Medicare recipients. Call 261-6930 to make an appointment.

FOR ADULTS

Fireside Friday:

Poetry Reading with Jeanette Klimszewski

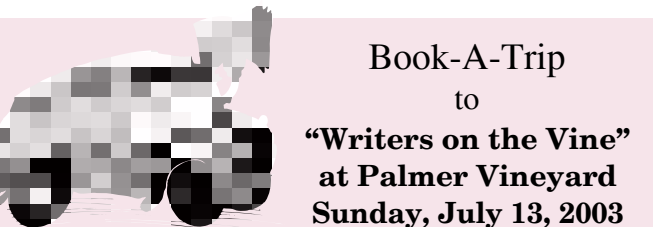
(EN) **Friday, May 9, 7:30 p.m.**
Jeanette Klimszewski's first book of poetry, *Promise*, reflects a wide range of experiences touching on spirituality, nature, and human fragility. A former teacher, coach, and professional clown, Ms. Klimszewski has had her work published in poetry columns and small press periodicals. The audience is invited to read their poetry during an open mike time. All are welcome.

The Art of Happiness

(N) **Thursday, May 22, 7:30 p.m.**
What do people really want out of life? Is it money, fame, achievement — or is it happiness? James Ryan, M.S., will outline five fundamental concepts — thought, moods, separate realities, feelings, and living in the moment — that can help us learn to be happy more often. All are welcome.

Current Events in Perspective

(N) **Thursday, May 29, 7:30 p.m.**
Michael D'Innocenzo, professor of history at Hofstra University, joins us again this month to explore significant developments both nationally and internationally. All are welcome.

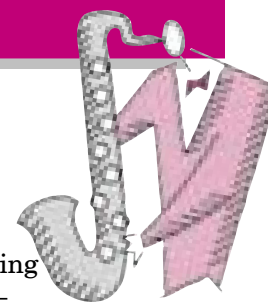


Book-A-Trip to "Writers on the Vine" at Palmer Vineyard Sunday, July 13, 2003

Departure: 10:00 a.m. from the Laurel Ave. School parking lot (across from Northport Library)
Return: 5:45 p.m.
Cost: \$56 per person (checks only; payable to Northport-East Northport Public Library; non-refundable)
Itinerary: Enjoy a glass of wine and meet John Johnson, former anchorman and author of *Only Son: A Memoir*. We will have lunch at Meeting House Creek Inn and then make a stop for fresh produce at Lewins Farm.
ticket sale: Saturday, May 10, 10:30 a.m. at Northport Library. Ticket limit: 2 per library patron on the first day of sale. Library card required for registration.

Glenn Baldwin & Friends of Jazz

(N) **Friday, May 2, 7:30 p.m.**
Take a retired English teacher, three advertising execs, a woodworking artist, an actress, and a film editor — ask for some jazz, and you're in luck. Friends of Jazz is an ensemble of musicians residing in Northport, Huntington, and Manhattan who, although professionally engaged in other walks of life, love to jam together. Free tickets are available now at both libraries.



Fakes and Frauds in the World of Art

(N) **Thursday, May 8, 7:30 p.m.**
The art world is a world of distorted mirrors — what you see is all too often an illusion for the sake of profit. Paul Alessi, president of the Long Island Chapter of the American Society of Appraisers, will present some of the more famous distortions of reality, concentrating on one of the most faked areas, furniture. There are more formal pieces of 18th century furniture on the marketplace than were actually made in the 18th century. Along with illustrations Mr. Alessi will explain ways in which you can detect new creations and alterations. Only by being armed with knowledge can a collector avoid costly financial mistakes. All are welcome.

In Celebration of Historic Preservation - Creating a Victorian Garden

(N) **Monday, May 19, 7:30 p.m.**
Re-create the romance of the Victorian era right in your own yard. Using photographs and paintings of the period as well as contemporary landscapes from homes on Long Island, garden designer Dan Pichney will present a slide lecture illustrating the elements that make up a Victorian Garden. Mr. Pichney was featured on the Home and Garden Network series *Great Homes Across America*. He has gardened at his 1873 Victorian home in Bayport for over 20 years. All are welcome.



Foreign Film: "Shall We Dance?"

(EN) **Sunday, May 4, 2:00 p.m.**
Masayuki Suo wrote and directed this comedy about a middle-aged businessman who secretly yearns to break out of the conformity of his daily life by learning ballroom dancing. Rated PG. 119 min.

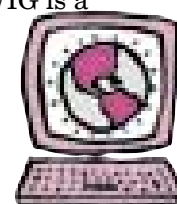
FOR ADULTS

Computer Kindergarten for Adults

(EN) **Friday, May 9, 2:00-4:00 p.m.**
Register May 1 at East Northport Library.
(N) **Tuesday, May 27, 7:00-9:00 p.m.**
Register May 3 at Northport Library
This workshop for first-time computer users covers the basics of using the mouse and the Windows desktop, opening programs, and saving a file. There is a \$5 materials fee, payable at registration.

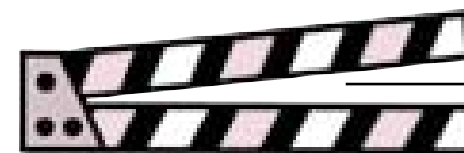
TWIG E-mail Workshop

(EN) **Monday, May 19, 7:00 p.m.**
Register May 3 at East Northport Library.
The Web Information Gateway (TWIG) is the latest e-mail program supported by the Suffolk Cooperative Library System. TWIG is a graphic-based program that provides a variety of tools to organize your e-mail and view attachments. This presentation will demonstrate TWIG's basic functions of creating, replying, forwarding, copying, and sorting mail.



Defensive Driving

(EN) **Wednesdays, May 21 & 28, 7:00-10:00 p.m.**
Fee: \$35
Applications for this six-hour course may be picked up at either library beginning May 1.



Friday Movies

"Sweet Home Alabama"

(N) **Friday, May 2, 1:30 p.m.**
Reese Witherspoon stars in this romantic comedy about a New York fashion designer who returns to her home in Alabama to seek a divorce. Rated PG-13. 109 min.

"Roxy Hart"

(N) **Friday, May 16, 1:30 p.m.**
Based on the Broadway play *Chicago*, this 1942 classic tells the story of an aspiring show girl who becomes the center of an outrageous trial. Not rated. 75 min.

"The Four Feathers"

(N) **Friday, May 30, 1:30 p.m.**
After an admired soldier leaves his regiment in disgrace, he sets out on a sweeping adventure to regain his honor. Rated PG-13. 130 min.

Novel Ideas

(N) **Friday, May 9, 1:00 p.m.**
(N) **Monday, May 12, 7:00 p.m.**
This month we discuss *Border Crossing* by Pat Barker. Pick up your copy of the book at the Northport Library Circulation Desk.

Book & Sandwich (W)rap

(EN) **Thursday, May 1, 1:00 p.m.**
(N) **Tuesday, May 6, 7:00 p.m.**
Join us as we take a look at stories from *Summerhouse, Later* by Judith Hermann. Pick up a copy of the stories at the Circulation Desk.



The beautiful daffodils that bloomed in early spring on the grounds of the East Northport and Northport libraries were planted last fall as part of the Daffodil Project to commemorate the events of 9/11/01. The statewide Daffodil Project was sponsored by Eastern Suffolk BOCES.

FOR TEENS

Teen Volunteer Opportunities for "Older Americans Month"

Create Bookmark Gifts for Atria Residents
(EN) **Thursday, May 15, 7:00-8:30 p.m.**
We will be creating woven decorative paper bookmarks for the residents at Atria Assisted Living in East Northport. You may sign up for this and/or the following volunteer opportunity. You do not need to attend both. Registration begins May 1 at the East Northport Library.

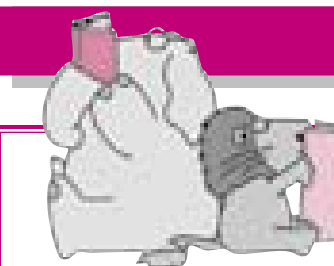
Visit to Atria Assisted Living

(EN) **Thursday, May 29, 6:00-7:00 p.m.**
Deliver book donations and the bookmark gifts we created earlier in the month. You may attend this visit even if you did not help to create the bookmarks. We will also be playing bingo with the residents. Registration begins May 15 at the East Northport Library.

Teen Artwork Banner

Congratulations to the winners of the Teen Artwork Banner Contest: Caitlin Aymong, Jessica Bernat, Lois Bladykas, Kiersten Engle, Lauren Freese, Jessica Hart, Zac Hentze, Alexandra Limmer, Ed Merritt, Adam Renna, and Meredith Silagy. Come in to the Teen Center in either library to see this beautiful banner!

FOR CHILDREN



Multi-lingual Workshop

Taller Para Padres y Hijos
Anne-Baba/Cocuk Semineri
Parent/Child Workshop
Children ages 3 and up with parent/caregiver
(EN) **Saturdays, May 31, June 7 & 14, 10:00 a.m.**

Spend time with your child. Play together, create a craft together, become familiar with library resources, and meet new people in an educational and creative environment. A Librarian and other professionals will be available to discuss — in Spanish, Turkish, and English — nutrition, language development, and creative play. Registration begins May 10 at the East Northport

Pajama Storytime

Children ages 3 and up with parent/caregiver
(EN) **Tuesday, May 6, 7:00 p.m.**
(N) **Friday, May 16, 7:00 p.m.**
Children may wear their PJs and bring their teddy bears to this evening storytime. All are welcome.

Toilet Learning

(EN) **Wednesday, May 14, 7:30 p.m.**
Join parent educator Leah Dombroff to discuss this milestone in your young child's development. Register at the East Northport Library beginning May 2.

Fun with Movement

(N) **Saturday, May 10, 10:00 a.m. & 11:00 a.m.**
Children ages 18-36 months with parent/caregiver; siblings welcome
Join Pat Herrmann for a fun-filled morning with group games and individual movement exploration. Registration begins April 26 at the Northport Library.

Hospital Visitation Program for Children

For children in the hospital, a visit from a friendly librarian can be just what the doctor ordered. This is the idea behind the Huntington Area Public Libraries Outreach (HAPLO) program. For the past 16 years, librarians from the Northport-East Northport Public Library and other participating libraries in Huntington have made weekly visits to the Huntington Hospital Pediatric Center. Board books, paperbacks, activity packets, and stories are shared with each patient. HAPLO librarians also conduct occasional storytimes at the hospital's Dolan Family Health Center. These services, which are coordinated by the Huntington Town libraries and the Suffolk Cooperative Library System, are highly valued by the young patients and their families.



Make Your Own Ice Cream Sundae

(EN) **Thursday, June 19, 7:30-8:30 p.m.**
Bring a book title(s) that you'd like to share with others. We'll eat our sundae creations as we chat about books that we've read and enjoyed. Find out about the new Teen Book Reviewers Club forming this summer. Registration begins May 29 at the East Northport Library.

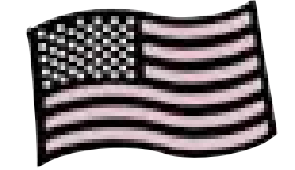
Teen programs are open to students in grades 6 and up. Please register at the Circulation Desk in either building. If you have any questions regarding these programs, call Mrs. Farr Kindler, Librarian for Teens, at 261-6930.

The Bookmark Spot

Stop by the Library and pick up May's bookmark by Evan Muchnicki. A reading list, compiled by our Children's Librarians, is on the back.



Evan Muchnicki

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Thank You! On April 8 the 2003/2004 Library Budget was overwhelmingly approved by voters. Congratulations to Elizabeth McGraill who was re-elected as Library Trustee. We appreciate the value you place on your Library and thank you for your continued support.</p> <p style="text-align: right;">Very truly yours, The Library Board of Trustees</p>		<p>EXHIBITS 31st Annual Art Exhibit by the Students of the Northport-East Northport School District April-May Pick up an exhibit schedule at the Library.</p>		<p>1 Registration begins at East Northport for Teen Volunteer Opportunity on 5/15 Registration begins at East Northport for Computer Kindergarten on 5/9 Applications available for Defensive Driving on 5/21 & 5/28 *On My Own (EN) 9:30 am & 10:30 am *Music for Little Ones (N) 10 & 11 am *Book & Sandwich (Wrap) (EN) 1 pm *Story Parade (EN) 4 pm *SAT Review Class (N&EN) 6:15 pm</p>	<p>2 Registration begins at East Northport for Toilet Learning on 5/14 *Parent/Child Workshop (EN) 9:30 & 10:45 am *Fours and More (N) 10 am Movie: <i>Sweet Home Alabama</i> (N) 1:30 pm *Fours and More (EN) 1:30 pm Knitters' Circle (EN) 7 pm *Glenn Baldwin & Friends of Jazz (N) 7:30 pm</p>	<p>3 Registration begins at East Northport for TWIG E-mail Workshop on 5/19 Registration begins at Northport for Computer Kindergarten on 5/27</p>
<p>4 "Ole Brown Eyes Sings Ole Blue Eyes" (N) 2 pm Foreign Film (EN) 2 pm</p>	<p>5 *On My Own (N) 9:30 & 10:30 am *Songs & Stories for Everyone (EN) 10 am & 11 am *Tales for Two (EN) 1:30 pm *Fours and More (N) 1:30 pm *55/Alive Mature Driver Program (EN) 7 pm</p>	<p>6 *Book-A-Trip to Brooklyn departs 7:45 am *Fours and More (EN) 9:30 am & 10:30 am *My First Storytime (N) 9:30 & 10:30 am *New Mothers Discussion Group (EN) 10 am *Taproot Workshop (EN) 1 pm *Book & Sandwich (Wrap) (N) 7 pm *Pajama Storytime (EN) 7 pm *Boaters Safety Course for Teens & Adults (N) 7:30 pm</p>	<p>7 *Laptime (EN) 9:30 am & 10:30 am *Tales for Two (N) 9:30 am & 10:30 am Blood Pressure Check (N) 9:30-10:30 am (EN) 11 am-12 noon *On My Own (EN) 1:30 pm *Story Parade (N) 4 pm Internet User Group (N) 7:30 pm</p>	<p>8 *On My Own (EN) 9:30 am & 10:30 am *Music for Little Ones (N) 10 & 11 am Your Annual Legal Checkup (N) 3 pm *Story Parade (EN) 4 pm Fakes and Frauds in the World of Art (N) 7:30 pm</p>	<p>9 *Parent/Child Workshop (EN) 9:30 & 10:45 am *Fours and More (N) 10 am *Novel Ideas (N) 1 pm *Fours and More (EN) 1:30 pm *Computer Kindergarten for Adults (EN) 2 pm Knitters' Circle (N) 7 pm Poetry Reading with Jeanette Klimszewski (EN) 7:30 pm</p>	<p>10 Registration begins at East Northport for Bilingual Parent/Child Workshop *Fun with Movement (N) 10 am & 11 am Ticket sale begins 10:30 am at Northport for Book-A-Trip to "Writers on the Vine" on 7/13</p>
<p>11 *55/Alive Mature Driver Program (N) 9:30 pm</p>	<p>12 *On My Own (N) 9:30 am & 10:30 am *Tales for Two (EN) 1:30 pm *Fours and More (N) 1:30 pm *Novel Ideas (N) 7 pm The Challenges of Aging (N) 7:30 pm</p>	<p>13 *Fours and More (EN) 9:30 am & 10:30 am *My First Storytime (N) 9:30 am & 10:30 am *New Mothers Discussion Group (EN) 10 am *Taproot Workshop (EN) 1 pm *Boaters Safety Course for Teens & Adults (N) 7:30 pm</p>	<p>14 *Laptime (EN) 9:30 am & 10:30 am *Tales for Two (N) 9:30 am & 10:30 am *On My Own (EN) 1:30 pm Take Control of Your Healthcare: For Medicare-Eligible Seniors (EN) 3 pm *Story Parade (N) 4 pm *Toilet Learning (EN) 7:30 pm</p>	<p>15 Registration begins at East Northport for Teen Volunteer Opportunity on 5/29 *On My Own (EN) 9:30 am & 10:30 am *Music for Little Ones (N) 10 & 11 am Library Board of Trustees Meeting (N) HIICAP (N) 1-4 pm by appt. Harmonics Plus (N) 2 pm *Teen Volunteers: Create Bookmark Gifts for Atria Residents (EN) 7 pm</p>	<p>16 *Parent/Child Workshop (EN) 9:30 am & 10:45 am *Fours and More (N) 10 am Movie: <i>Roxy Hart</i> (N) 1:30 pm *Fours and More (EN) 1:30 pm *Pajama Storytime (N) 7 pm Knitters' Circle (N) 7 pm</p>	<p>17 Registration begins at Northport for 55/Alive Mature Driver Program on 6/2 & 6/9</p>
<p>18</p>	<p>19 *Songs & Stories for Everyone (EN) 10 am & 11 am TWIG E-mail Workshop (EN) 7 pm Creating a Victorian Garden (N) 7:30 pm</p>	<p>20 *My First Storytime (N) 9:30 am & 10:30 am *New Mothers Discussion Group (EN) 10 am *Taproot Workshop (EN) 1 pm *Boaters Safety Course for Teens & Adults (N) 7:30 pm Friends of the Library (N) 7:30 pm</p>	<p>21 *Laptime (EN) 9:30 am & 10:30 am *Tales for Two (N) 9:30 am & 10:30 am *Defensive Driving (EN) 7 pm</p>	<p>22 Hearing Screening (EN) 10 am-12 noon *Music for Little Ones (N) 10 & 11 am The Art of Happiness (N) 7:30 pm</p>	<p>23 *Parent/Child Workshop (EN) 9:30 am & 10:45 am *Fours and More (N) 10 am Elder Law Financial Planning (N) 1 pm *Fours and More (EN) 1:30 pm Knitters' Circle (N) 7 pm</p>	<p>24</p>
<p>25 Library Closed</p>	<p>26 Memorial Day — Library Closed</p> 	<p>27 *New Mothers Discussion Group (EN) 10 am *Computer Kindergarten for Adults (N) 7 pm</p>	<p>28 *Tales for Two (N) 9:30 am & 10:30 am *Defensive Driving (EN) 7 pm Internet Basics (N) 7:30 pm</p>	<p>29 Registration begins at East Northport for Teen Make Your Own Ice Cream Sundae on 6/19 *Teen Volunteers: Visit to Atria Assisted Living (EN) 6 pm Current Events in Perspective (N) 7:30 pm</p>	<p>30 *Parent/Child Workshop (EN) 9:30 am & 10:45 am Movie: <i>The Four Feathers</i> (N) 1:30 pm Knitters' Circle (N) 7 pm</p>	<p>31 Registration begins at Northport for 55/Alive Mature Driver Program on 6/16 *Teen Volunteers: Snapshots of Old Long Island (EN) 9 am-5 pm *Taller Para Padres y Hijos Anne-Baba/Cocuk Semineri Parent/Child Workshop (EN) 10 am</p>

N = Northport Library
EN = East Northport Library

Italic type indicates Children's Programs.
*Pre-registration or tickets required for this program. Occupancy of our meeting room is limited. Enrollment in our programs is limited, with preference given to library card holders. Tickets limited to 2 per patron on the first day of registration.

The Northport-East Northport Public Library encourages all patrons to participate in programs and activities. If you require any special accommodations because of a disability, please let us know.

The Library is Good for Your Body, Mind & Soul .

The Anti-Aging Zone
by Barry Sears

Age-Proof Your Body: Your Complete Guide to Lifelong Vitality
by Elizabeth Somer

Grow Younger, Live Longer: 10 Steps to Reverse Aging
by Deepak Chopra

Alive and Well: The Emergence of the Active Nonagenarian
by William F. Powers

Brain Longevity: The Breakthrough Medical Program that Improves Your Mind and Memory
by Dharma Singh Khalsa

The Detox Book: How to Detoxify Your Body to Improve Your Health, Stop Disease and Reverse Aging
by Bruce Fife

Disease Free at 60-Plus
by Doug Dollemore

Eating Well for Optimum Health
by Andrew Weil

Keep Your Brain Young: The Com-

plete Guide to Physical and Emotional Health and Longevity
by Guy M. McKhann

Live Long, Look Young!: Natural Health and Beauty the Hamptons Way!
by Lisa Trivell

Live Now, Age Later: Proven Ways to Slow Down the Clock
by Isadore Rosenfeld

Living to 100: Lessons in Living to Your Maximum Potential at Any Age
by Thomas T. Perls

The Longevity Strategy: How to Live to 100 Using the Brain-Body Connection
by David Mahoney

Love & Survival: The Scientific Basis for the Healing Power of Intimacy
by Dean Ornish

The Okinawa Program: How the World's Longest-Lived People
Pick up a copy of Hope Publications' booklet *Body, Mind & Soul*, available at the Reference Desk.

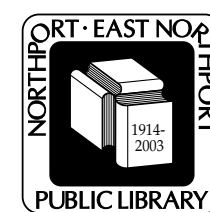
Achieve Everlasting Health
by Bradley J. Willcox

The RealAge Diet: Make Yourself Younger with What You Eat
by Michael F. Roizen

Successful Aging
by John W. Rowe

Tired of Being Tired: Rescue, Repair, Rejuvenate
by Jesse Hanley

Younger at Last: The New World of Vitality Medicine
by Steven Lamm



Northport-East Northport Public Library

151 Laurel Avenue
Northport, NY 11768
(631) 261-6930

185 Larkfield Road
East Northport, NY 11731
(631) 261-2313

nenpl@suffolk.lib.ny.us
www.nenpl.org

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HOURS
9 to 9 Monday thru Friday
9 to 5 Saturday
1 to 5 Sunday

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MAY 2003

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A Monthly Guide to Your Library, Its Programs & Services



May 2003

The Library is Good for Your BODY, MIND & SOUL



May is Older Americans Month

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