

NEWSLETTER

On April 3 you voted overwhelmingly to support your library as it moves forward into the 1990's. Thank you!

May 1989

OLDER AMERICAN'S MONTH HONORS SPECIAL PEOPLE . . . LIKE YOU.

Your public library is also your local "senior center," where books, audio-visual materials, programs, and services, geared to meet the needs of a growing and varied senior population, are readily available.

Just look at what your library has to offer!

- **large print books and other publications**
Discover romance, adventure, life stories of famous people ... in easy-to-read type. Also available in large print: the *Reader's Digest*, *The New York Times*, and *Guideposts*.
- **books on audio cassette**
- **video cassettes** such as *Richard Simmons & The Silver Foxes*
- **magazines** such as *New Choices*, *Modern Maturity*, *Aging*, *Prevention*, and *Cooking Light*

- **computer software** such as *Will Writer*, and *Special Days: Spotlight Memorable Days for Relatives or Friends*
- **booklists and materials for grandchildren** — packets of books, magazines, and cassettes prepared upon request to fit the needs and interests of individual grandchildren.

You'll find library materials about retirement, financial planning, health care, nutrition, exercise, travel, consumer information, wills and estate planning ... whatever interests you. Our library staff will be happy to assist you.

"Specifically For Seniors"

- ☛ USING MEDICATIONS WISELY
 - ☛ SENIOR ACTION MOBILE UNIT
 - ☛ 55/ALIVE DRIVER COURSE
 - ☛ MEDICAID/MEDICARE ASSISTANCE
- (Program details inside)

Large print, the "comfortable choice" in reading, was used to print this page!





BOATING SAFETY COURSE

Six Wednesdays, May 3 - June 7, 7:30 p.m.

Members of the Coast Guard Auxiliary will conduct this six-part safety course for adults. Topics will include safety requirements, rules of the road, navigational aids, boat handling, etc. Registration begins at 7:00 p.m. on the evening of May 3 (the first session). A \$20. fee to cover the cost of your textbook and other materials is payable at that time.

ISLAND LYRIC OPERA PRESENTS

LA TRAVIATA

Sunday, May 7, 2:30 p.m.

The Island Lyric Opera returns to our library with its lavish production of Verdi's popular opera, based on the story "La Dame Aux Camélias" (Camille). Tickets, which are on sale now, are \$1.00 for adults 50¢ for students, senior citizens, and handicapped persons.



USING MEDICATION WISELY

Thursday, May 11, 1:00 p.m.

Medication misuse among older Americans is a life-threatening problem. Learn how to protect yourself or a loved one by attending this program conducted by Hal Goodman from the Retired Senior Volunteer Program. Mr. Goodman will discuss the dangers of drug interaction and will present guidelines for both prescribed and over-the-counter drugs. No registration is necessary.



LYME DISEASE

Tuesday, May 16, 7:30 p.m.



A representative from the Lyme Disease Education and Support Group, sponsored by the Arthritis Foundation of Long Island, and a rheumatologist will give a slide presentation and lecture on this growing health problem in the Northport area. Lyme Disease is transmitted by the deer tick, and if left untreated, can result in serious complications. Join us for this informative lecture.



SENIOR ACTION MOBILE UNIT

If you are 60 years of age or older you may qualify for some of the many benefits available through the Suffolk County Office of the Aging's Senior Action Program. The Department's Mobile Unit will visit the Northport Library on Tuesday, May 23, and will be open from 10:30 a.m. to noon and from 1:00 to 2:30 p.m.

MOHAWK PLAYERS PRESENT

DREAMS & ILLUSIONS: FIVE SHORT PLAYS BY TENNESSEE WILLIAMS

Friday, May 19, 8:30 p.m.

Each of these one-act plays is rich with Williams' humor, poetry, and compassion for the common man. Tickets, which go on sale May 6, are \$1.00 for adults, 50¢ for students, senior citizens, and handicapped persons.



MAXIMIZING INDEPENDENCE FOR THE AGED

Tuesday, May 23, 7:30 p.m.

Occupational therapist Beverly Horowitz will explore how the elderly and those who care for them can increase independence through a variety of special interventions. Topics will include 1) normal physical and psychological changes of aging; 2) home safety precautions; 3) body mechanics and energy conservation principles to prevent injury; and 4) ways to maximize independence despite physical dysfunction. Please register beginning May 2.



55/ALIVE MATURE DRIVER COURSE

Thursday, May 25, 10:00 a.m. - 2:30 p.m.

& Friday, May 26, 11:30 a.m. - 4:00 p.m. (half-hour break; please bring your lunch, beverages will be provided)

AARP's two-part 55/Alive Mature Driver Course is open to anyone 50 years of age and older. Please register at the Northport Library beginning May 13. There is a \$10 fee payable at registration. Class size is limited.

NOVEL IDEAS

Friday, May 12, 1:00 p.m.

Antonia Saw the Oryx First by Maria Thomas will be discussed at this month's meeting. Please call Ms. Gillman, Reference Librarian, at 261-6930 if you would like to join this group.

BOOK-A-TRIP
to
Cruise New York Harbor
Saturday, June 3, 1989

Departure: 9:00 a.m. from the Northport Library

Itinerary: Cruise New York Harbor aboard *The World Yacht*. Enjoy a hot and cold buffet luncheon and entertainment aboard ship. Shop and browse at the South Street Seaport.

Return: 5:00 p.m. to the Northport Library

Cost: \$38. per person at registration (checks only; non-refundable) includes transportation, lunch, and tour.

Register in person beginning May 13.
Seating is limited.
District residents will be given preference.

AN EVENING OF POETRY

VOICES & VISIONS, our poetry lecture/discussion series, was so well received that we have planned a "bonus" for all who attended and for those who wish they had attended. Everyone is welcome to come to the library on Tuesday, May 9, at 7:30 p.m. to hear Antonio di Nicholas, poet, author, and philosopher, read his poems, which in the words of his publisher, are "meditations on the power of images."

EAST NORTHPORT NOTES

For those of us who watch the years go by much too quickly, it might be comforting to know that we "older adults" have a lot of company and are on our way to becoming one of America's largest politically and financially influential groups. That is the thesis of *The Age Wave* by Ken Dychtwald and Joe Flower (305.26). Subtitled *The Challenges and Opportunities of an Aging America*, this book not only predicts how an aging population will change society, but also sets forth many exciting options for the aging in work, play, and business. Find out what prospects await you and "Grow old along with me. The best is yet to be."

One of the options for many older adults is retirement. For those looking for a retirement haven we have a number of informative books. The most recently received, *Retirement Choices* by John Howells (917.304), focuses on retirement on a budget. Statistics are kept at a minimum and the author gives his attention to quality of life and his own impressions of places "from Grants Pass, Oregon to Key West, Florida."

BOOK & SANDWICH (W)RAP

On Thursday, May 4, 1:00 p.m., we will see the film of James Joyce's "The Dead," starring Anjelica Huston. If you do not have your copy of the short story, make sure that you pick one up at the East Northport Library.



Northport-East Northport Public Library Calendar of Events May 1989

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|--|---|
| | 1 *Dance Exercise (N) 10 am & 11 am *Preschool Storytime (N) 10:15 & 11:15 am *Toddler Time (EN) 10:30 am | 2 Registration begins for Maximizing Independence for the Aged on 5/23 Sign-up begins for Superheroes Placemats Workshop on 5/9 *Preschool Storytime (EN) 10:15 & 11:15 am *Toddler Time (N) 10:15 & 11:15 am *Story Parade (N) 4:00-4:45 pm *Learn to Relax (N) 7:30 pm | 3 *Toddler Time (N) 1:30 pm *Toddler Time (EN) 10:15 & 11:15 am *Boating Safety Course (N) 7:30 pm (Registration 7 pm) Great Books (N) 8 pm | 4 *Preschool Storytime (N) 10:15 & 11:15 am Book & Sandwich (W)rap (EN) 1 pm Free Blood Pressure Check-Up (N) 1-3 pm; (EN) 3:15-5 pm *Story Parade (EN) 4:00-4:45 pm Creative Writing Contest Reception (N) 7 pm | 5 Medicare/Medicaid Assistance (N) 9-12 noon by appt. *(YA) Meet the Author (N) 9:30 am *Preschool Storytime (EN) 10:15 & 11:15 am | 6 Ticket sale begins for Mohawk Players Play on 5/19 Tickets are available for Bubbles the Bubbly Clown show on 5/19 *Mother Goose Time (N) 10:00-11:30 am Saturday Afternoon Movie Time: Mr. Superinvisible (N) 3 pm |
| 7 *Island Lyric Opera's La Traviata (N) 2:30 pm | 8 Sign-up begins for YA Career Workshop on 5/25 & 6/1 *Dance Exercise (N) 10 am & 11 am *Toddler Time (EN) 10:30 am *Preschool Storytime (N) 10:15 & 11:15 am | 9 *Preschool Storytime (EN) 10:15 & 11:15 am *Toddler Time (N) 10:15 & 11:15 am *Superheroes Placemats Workshop (EN) 3:45 pm *Story Parade (N) 4:00-4:45 pm | 10 *Toddler Time (N) 1:30 pm *Toddler Time (EN) 10:15 & 11:15 am *Story Parade (EN) 4:00-4:45 pm *Boating Safety Course (N) 7:30 pm | 11 *Preschool Storytime (N) 10:15 & 11:15 am Using Medication Wisely (N) 1 pm *Story Parade (EN) 4:00-4:45 pm | 12 Medicare/Medicaid Assistance (N) 9-12 noon by appt. *Parent/Child Workshop (N) 10 am *Preschool Storytime (EN) 10:15 & 11:15 am Planning for the Nursing Home (N) 1 pm *Novel Ideas (N) 1 pm | 13 Registration begins for Book-A-Trip to Cruise New York Harbor on 6/3 *Mother Goose Time (N) 10:00-11:30 am Saturday Afternoon Movie Time: Runaway Ralph & Through Grandpa's Eyes (EN) 2:30 pm |
| 14 | 15 *Dance Exercise (N) 10 am & 11 am *Toddler Time (EN) 10:30 am | 16 *Toddler Time (N) 10:15 & 11:15 am *Story Parade (N) 4:00-4:45 pm Lyme Disease (N) 7:30 pm | 17 *Toddler Time (EN) 10:15 & 11:15 am *Toddler Time (N) 1:30 pm Library Board of Trustees Meeting (N) 7:30 pm *Boating Safety Course (N) 7:30 pm Great Books (N) 8 pm | 18 *Story Parade (EN) 4:00-4:45 pm | 19 Medicare/Medicaid Assistance (N) 9-12 noon by appt. *Parent/Child Workshop (N) 10 am Preschool/Toddler Show (N) 4 pm *Mohawk Players Present Five by Tennessee Williams (N) 8:30 pm | 20 *(YA) New York State Young Boaters Course (N) 9:30 am (Registration 9 am) |
| 21 | 22 *Dance Exercise (N) 10 am & 11 am | 23 Senior Action Mobile Unit (N) 10:30-12 noon & 1-2:30 pm *Story Parade (N) 4:00-4:45 pm *Maximizing Independence for the Aged (N) 7:30 pm | 24 *Boating Safety Course (N) 7:30 pm | 25 *55/Alive Mature Driver Course (N) 10 am-2:30 pm *Story Parade (EN) 4:00-4:45 pm *Young Adult Career Workshop (N) 7 pm | 26 Medicare/Medicaid Assistance (N) 9-12 noon by appt. *Parent/Child Workshop (N) 10 am *55/Alive Mature Driver Course (N) 11:30 am-4:00 pm (YA) Book Reviewers' Meeting (N) 4 pm | 27 *(YA) New York State Young Boaters Course (N) 9:30 am |
| 28 | 29 Memorial Day — Library Closed | 30 *Story Parade (N) 4:00-4:45 pm | 31 *Boating Safety Course (N) 7:30 pm Great Books (N) 8 pm | | | |

Note: Italic type indicates Children's Programs.

N = Northport Library
EN = East Northport Library

*Occupancy of our meeting room is limited.
Pre-registration or tickets required for this program.

♥ PLANNING FOR THE NURSING HOME

Friday, May 12, 1:00 p.m.

George Roach, chief attorney with the Senior Citizen Division of the Legal Aid Society of Suffolk County, will discuss the legal and financial issues that face every family admitting a relative to a nursing home. He will explore such topics as transfer of residence, separation of liquid assets, the Medicaid Qualifying Trust, life insurance, power of attorney, and wills. No registration is necessary.

♥ MEDICARE/MEDICAID ASSISTANCE

Fridays, 9:00 a.m. to 12:00 noon at Northport

AARP-trained representatives Jim McManus and Tom Henry will answer questions about Medicare and supplementary Medicare health insurance, and help you fill out Medicare claims and appeals. Please call 261-6930 to make an appointment.

♥ MONTHLY BLOOD PRESSURE CHECK-UP

The library now offers free blood pressure testing by a registered nurse. On the first Thursday of each month visit the Northport Library from 1:00 - 3:00 p.m. or the East Northport Library from 3:15 - 5:00 p.m. and do yourself a healthful favor.

Exhibits

Northport

Adult — Young Adult Photography Contest Winners
Children's Room — Art work by Students of
St. Philip Neri School

East Northport

Adult — Oils by Louise Frohn
Children's Room — Bears From the Collection of
Althea Dorentes

Young Adult Programs

CAREER WORKSHOP (2-part series)

Thursday, May 25 & Thursday, June 1, 7:00 p.m.

Whether you are a recent graduate just entering the job market or someone planning a career change, this workshop will help you discover your career interests, find out more about these careers, and learn about today's most promising jobs. An interest inventory will be administered and analyzed. You will learn how to conduct your job search, how to write an effective resume and cover letter, and how to prepare for a successful job interview.

The series will be conducted by Roberta Keyes, a career counselor and educator who provides counseling services to many Long Island colleges, businesses, and organizations. Sign up at the Northport Library beginning May 8.

NEW YORK STATE YOUNG BOATERS COURSE (5 part series)

Ages 10-16 years

Saturdays, May 20, 27, June 10, 17 & 24, 9:30-11:00 a.m.

Young boat operators are now required to possess a Safety Certificate and License prior to operation of any vessel on Huntington Township Waterways. New York State has authorized the U.S. Coast Guard Auxiliary to teach this course which will include: Safety Requirements, Rules of the Road, Aids to Navigation, Boat Handling, and Radiotelephone. All who successfully complete the course will receive a certificate and license. Registration begins at 9:00 a.m. on the morning of May 20 (the first session). Parents must accompany their child to sign their consent. If you have any questions, please call 271-3570.

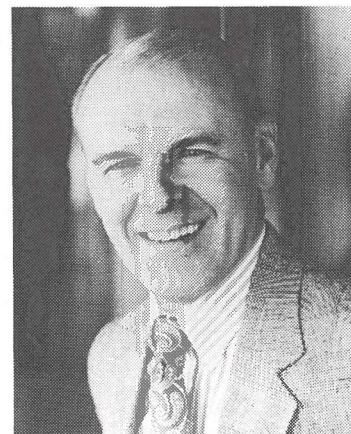
MEET THE AUTHOR: RICHARD PECK

Friday, May 5, 9:30 a.m.

This program signals the return of a very welcome guest speaker, Richard Peck. Seven years ago Mr. Peck was the first author to speak to young adults in this popular series.

"While he has written thrillers, ghost stories, and romances, Peck is best known for his works portraying young people caught up in personal problems ... To keep his topics relevant, Peck travels widely, meeting young people to hear their opinions and concerns first hand. This respect for his audience has helped to make him one of the most popular contemporary young adult writers."

If you are in middle or high school and wish to attend this program, please contact your English teacher for details.



"JOURNEY INTO BOOKS" BOOK REVIEWS BY YOUNG ADULTS FOR YOUNG ADULTS

The first issue is out! Pick up a copy and learn what's hot and what's not. Our reviewers are writing for teens 6th grade and up to help them choose from the library's large young adult collection. If you enjoy this first edition and would like to become a reviewer yourself, call Mrs. Hunt (261-6930) for information.

Children's Programs

PRESCHOOL/TODDLER & PARENT SHOW



(Northport) Friday, May 19
4:00 p.m.

As a grand finale for participants in this year's Preschool and Toddler Storytimes, the Children's Department is pleased to present Bubbly Bubbles the Clown. Eligible patrons may pick up tickets starting May 6.

SUPERHEROES PLACEMATS WORKSHOP

(East Northport) Tuesday, May 9,
Gr. 1-3, 3:45-4:45 p.m. Sign-up begins May 2.

SATURDAY AFTERNOON MOVIE TIME

(Northport) Saturday, May 6 — *Mister Superinvisible*
Gr. K-6. 3:00 p.m. 90 min.
(East Northport) Saturday, May 13 — *Runaway Ralph & Through Grandpa's Eyes* Gr. K-6. 2:30 p.m. 60 min.

PARENT/CHILD WORKSHOPS

Registration begins Friday, April 28 for our Spring Parent/Child Workshop series for children 2 to 2¹/₂ years of age accompanied by a parent or caregiver. Sessions will be held at the Northport Library on Fridays mornings, May 12, 19, 26, June 2 & 9, 10:00-11:15 a.m.

CREATIVE WRITING CONTEST RECEPTION

(Northport) Thursday, May 4, 7:00 p.m.

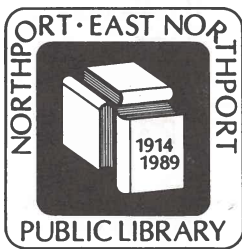
Please join us as we honor the 3rd, 4th and 5th grade children who participated in our first Creative Writing Contest.



THE DINOSAURS ARE COMING!

Join the Summer Reading Club
and
Be A Bookasaurus

(Details in next month's newsletter)



Northport Library
151 Laurel Avenue
Northport, N.Y. 11768
(516) 261-6930

East Northport Library
185 Larkfield Road
East Northport, N.Y. 11731
(516) 261-2313

Non Profit Organization
U.S. Postage Paid
Permit #78
East Northport, N.Y.

LIBRARY BOARD OF TRUSTEES

Mr. Stuart Goldblatt, Chairperson
Mrs. Jennifer Richmond
Mrs. C. Annette Carr
Mrs. Ruth McKay
Mr. Anthony DiFranco

LIBRARY ADMINISTRATION

Stephanie Heineman, Director
Eileen Minogue, Ass't. Director
Molly Schoen, Branch Librarian
Editor - MaryEllen Moll

HOURS

9 to 9 Monday thru Friday
9 to 5 Saturday
1 to 5 Sunday Sept. 18 thru June 11 (Northport only)

Fax# 261-6718

Calendar
May 1989

CART-SORT**CR
POSTAL CUSTOMER
EAST NORTHPORT, N.Y. 11731