



Steve Levy
County Executive

Doanna Marshall, Director
Office of Women's Services

The Suffolk County Executive's Office of Women's Services

Between Us Women

"empowering women through awareness and education"

Five Inducted Into 2008 Suffolk County Women's Hall of Fame

JULY/AUGUST 2008

On August 13th
County Executive Steve Levy
will induct

Artice Hale

Carol Carter

Sandra Feinberg

Miriam Spaier

Sister Patricia Griffith

Into the
2008 Suffolk County
Women's Hall of Fame

The awards dinner will be held at
Windows on the Lake
235 Lake Shore Rd.
Lake Ronkonkoma, NY
6 to 10 p.m.

Artice Hale, a resident of Medford and First Lady of Cornerstone COGIC, is program director and social services outreach president—both unpaid positions—for the Harrison Hale/Gordon Heights Community Action Center. In this capacity, she networks with organizations and designs programs and activities to assist community residents who



are homeless, single parents, at-risk youth, low-income individuals, and families in need.

Among the programs Mrs. Hale has designed are Empowering Women Through Mentorship, the Macedonia Case Management Program and, for the fifth year, a Summer Youth Enrichment Program for young girls for which she pays all expenses out of pocket.

She is currently working toward the opening of the Center's soup kitchen, which will serve a hot meal every day; she is training women and youth to operate the service.

In addition, Mrs. Hale has adopted five children (all siblings) who had been removed from their single mother's home—which has increased the size of Mrs. Hale's family to nine!

Carol Carter, of Yaphank, is the co-founder of Sunshine Prevention Center for Youth and Families, a Port Jefferson Station agency which since 1996 has helped children and teens in families where there is drug or alcohol addiction. For the first seven years she volunteered her time; she is now the executive director.



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How to Not Lose Your House

Worried about your mortgage payments? About to fall behind—or, you have fallen a little behind? Here is the one thing you must do now: *Stop procrastinating. Take action ASAP.*

According to the U.S. Department of Housing and Urban Development (HUD), here are the ten steps to take to avoid foreclosure.

1. Don't ignore the problem. The further behind you get on your payment, the harder it will be to reinstate your loan and the more likely that you'll lose your house.

2. Call your lender and tell them what's going on. Step up; don't hide from your lending officers. Remember, they don't want your house, and more than at any other time in recent memory, they are willing to offer borrowers options to help.

3. Open and respond to all mail from your lender. The first notices you get will offer good information about foreclosure prevention options. Later mail will include notices of pending legal action. Foreclosure court will not listen to your excuses about why you didn't open your mail.

4. Know your mortgage rights. Find your loan documents and read them so you'll know what your lender will do when you're late. Bone up on New York state foreclosure law.

5. Understand foreclosure prevention options. (Also called loss mitigation.) For information go to www.hud.gov/foreclosure.

6. Contact a HUD-approved housing counselor. There are several in Suffolk County; most are listed at the end of this article. These counselors will help

you understand the law and your options, organize your finances and represent you with your lender if you need that kind of help.

7. Prioritize your spending. After food and health care, keeping your house should be your first priority, according to HUD. Start keeping track of what money comes in and what goes out. Apart from your mortgage, pretty much everything should be optional at this point, including cable, donations, memberships, entertainment, birthday presents, credit cards and other "unsecured debt." It's crunch time, so keep your largest asset.

8. Use your assets. And this includes your biggest income-producing asset: you. Can you get a second job? Can others in your house do the same?

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**2008
Suffolk County Women's
Hall of Fame**

**Breast Cancer Myths Debunked
#3**

Myth: Breast cancer is passed only from your mother, not your father.

Truth: We now know that breast cancer genes can be inherited from your dad's side of the family. So ask relatives about cases on both sides and in both men and women. About 2,000 cases of male breast cancer are diagnosed in the US each year. In fact, male breast cancer is most closely associated with a BRCA2 abnormality. So if there's a man in the family who's had breast cancer, be sure to tell your doctor

**Source: "10 Breast Cancer Myths Debunked" by Marisa Weiss, MD with Barbara Loecher. Breast Cancer Help Spring 2008 Issue.*



Happy July 4th!

Five inducted into the 2008 Suffolk County Women's Hall of Fame (continued)

Mrs. Carter has planned and implemented numerous groups for children/teens, adults, and families, as well as programs that reach out to schools, communities, and other organizations. Among them are Child/Teen Anger Management, SafeKids (a social skills group), Teen Support Group, Teen Leadership Council, and several Summer Prevention Programs.

Her newest program, Prevention Not Suspension, is an alternative high-school program for youth on suspension. Local school districts have contracted to send their most at-risk students to this program to receive not only academic support, but also one-to-one and group counseling, violence prevention, tolerance training, and drug and alcohol prevention.

Mrs. Carter is also the creator of Prevention Through Puppetry, a program with preschool and academic components that utilizes puppets and other media to teach young children about social skills and areas of prevention.

Sandra Feinberg, of Stony Brook, is the director of the Middle Country Public Library, the largest and busiest public library on Long Island. Ms. Feinberg has long acted on her belief that a



library should be integral to the life of its community, and at the forefront of community solutions to regional problems and challenges through collaboration and coalition-building.

To that end, she created and continues to manage the Community Resource Database of Long Island, an online directory of more than 12,000 community services available to support the health and

human service needs of area residents.

She also developed and launched Family Place Libraries (a program for babies, toddlers and parents now in use in over 250 libraries in 25 states), the Miller Business Resource Center, the Suffolk Coalition for Parents and Children, the Mid-Suffolk Regional Literacy Center, and the Women's Expo annual trade show for women entrepreneurs.

Miriam Spaier, a resident of Riverhead, has been a tireless advocate for people with HIV infection, since she herself was



diagnosed in 1991. She has gone public and spoken forcefully to the news media about her life, not only to tell her own story but also to argue for improved services for people with HIV infection.

Ms. Spaier has been written about and pictured in the New York Times, Newsday and Long Island Voice, and has been interviewed on Channel 12 News and local cable TV. She has spoken to high-school and college students and drug rehabilitation centers, and also has led Recovery Outreach Peer Program (ROPP), a peer program to educate people about drugs and HIV infection.

She has volunteered her time on countless committees, the client advisory board of the Long Island Association for AIDS Care (LIAAC), the United Way committee to assess Ryan White funding, and the David Rogers Center patient and advisory committee, and has worked with most of the Long Island AIDS service providers—such as Suffolk Project for AIDS Resource Coordination (SPARC),

Thursday's Child, Options, and the Nassau-Suffolk Law Center. She has served on panels at conferences such as the World AIDS Day Conference at Southampton Hospital.

Sister Patricia Griffith, who lives in



Ronkonkoma, is founder and executive director of Mercy Haven, which provides housing to formerly homeless persons who are living with mental illness. Mercy Haven, with offices in Islip Terrace, owns or operates 46 properties in Suffolk and Nassau counties and has more than 75 employees.

In 1985, Sister Pat—a schoolteacher at the time—needed to find permanent housing for people who would be losing their temporary shelter at a motel in Bay Shore. Her project survived considerable controversy, and Mercy Haven opened the doors of its first community residence in that year.

Sister Pat quickly realized that formal legal support was needed for her residents, and with the assistance of attorney John Castellano, Mercy Haven became the only agency in Suffolk County to offer its clients free access to legal services. Mercy Haven also administers the Long Island Resource Center for individuals living with traumatic brain injury (TBI), and offers assistance to limited-income families and the elderly in need of housing, as well as education/employment skills training to the mentally ill and frail elderly.

How to Not Lose Your House (continued)

It's also time to sell some assets—a car, jewelry, a whole-life insurance policy that has a cash value, collectibles. Even if your efforts don't seem to bring in much extra money, they will show your lender you are serious enough about keeping your house to make sacrifices.

9. Avoid foreclosure prevention companies. You're late in payments. People you don't know are phoning the house offering to "help" you—for a fee, of course. Why pay a for-profit company 2-3 months' worth of mortgage

payments when a HUD-approved counselor will do it for free? (Again, see list below.)

10. Don't fall for a scam! Extremely pleasant new "friends"—actually, crooks and scam artists—may have started circling, offering to stop your foreclosure immediately if you sign documents authorizing them to act on your behalf—when what they're really doing is tricking you into signing away title to your own property. **Never never never sign anything without reading it first.** Don't

succumb to pressure tactics and make your problem worse. Keep your head. Call one of these HUD-approved agencies:

Note: In putting together this article, the Office of Women's Services has borrowed liberally from the HUD website. We view this source as Our Tax Dollars At Work. Our thanks to Maria at Long Island Housing Services, Inc., for her guidance as well.

Right Now, Help in Finding Work

Whether you are new to the workforce (as a recent graduate) or returning to it, Suffolk County's Department of Labor has a few innovative programs and services you should know about.



Each month the county's One-Stop Employment Center, located in Hauppauge, offers an array of workshops and classes to help you get on track—whether you are an adult, youth (age 14-21), a veteran, or disabled. All are offered at no charge, but you must register with the center by calling (631) 853-6600.

Please note: this is the July schedule only. There are new and different offerings each month, and some programs are ongoing. Most programs are offered in Hauppauge, with a few offered in Patchogue as well.

In Hauppauge: Tuesdays at 1 p.m., there are cover letter workshops (July 1 and 22), a discussion of transferable skills (July 15), and at 1:30 Tuesday, July 29, a session called "12 Ways to Land Your Next Job."

Need help with your resume? Wednesday, July 9 at 9 a.m., check out the resume workshop. There's another resume workshop on Friday, July 24 at 1 p.m.

Interviewing, networking, and salary negotiations are the

topics at 1 p.m. on Mondays, July 14, 21 and 28.

Middle-aged? There's a class for that, too, at 9:30 a.m. on Wednesday, July 23. "Job Search Strategies for People Over 40."

Did you serve in the military? A veterans' representative will be at the Center every Wednesday between 9 a.m. and 4 p.m.

Computer-phobic? Sign up for the Internet workshop at 10:30 a.m. Monday, July 21.

If recent news reports about the economy are leaving you feeling a bit discouraged, you might attend "Challenges and Obstacles of the 2008 Job Seeker." It will be held at 1:30 p.m. Friday, July 25.

"Job Path Club" meets alternate Wednesdays (July 2, 16 and 30) at 1:30 p.m.

A session called "The Successful Job Search" is scheduled 1:30 p.m. Friday, July 11 in Hauppauge. The same class is set for 10 a.m. Wednesday, July 30 in the Workforce NY One-Stop Career Center in Patchogue.

In Patchogue: Call (631)687-4833 to sign up.

The Patchogue facility will also feature resume writing (Tuesdays, July 8 and 29), "Job Search Strategies for People over 40" (Wednesday, July 9), how to negotiate your salary (Tuesday, July 15), internet job-hunting

(Thursday, July 17), transferable skills (Friday, July 18), and interviewing techniques (Tuesday, July 22). All Patchogue classes start at 10 a.m.

If you are a "youth"—age 14-21—the One-Stop Employment Center has counselors to help you with choosing a career and landing part-time jobs and internships. Call 853-6923 to learn more.

The Hauppauge center also offers a Displaced Homemakers program to help women re-enter the workforce, or join it for the very first time. Class sessions cover "hard" skills like resumes, letters, interviewing and similar subjects, as well as "soft" skills like self-esteem. To find out more about this program, call 853-6540.

In addition, in Hauppauge Vocational and Educational Services for Individuals with Disabilities (VESID) will hold orientation sessions at 2 p.m. on Fridays (July 11, 18 and 25). Again, to register call 853-6600.

Bellport/Hagerman/East Patchogue Alliance
(631)286-9236

Economic Opportunity Council of Suffolk
(631) 289-2124, x. 112

Community Development Center of L.I.
(631)471-1215, x. 144

Housing Help, Inc.
Huntington Town residents only
(631)754-0373

Long Island Housing Partnership
(631)435-4710

Long Island Housing Services, Inc.
(631)467-5111

North Fork Housing Alliance
(631)477-1070

Town of East Hampton Office of Housing and Community Development
(631)267-7896

Wyandanch Community Development Corp. Priority to Babylon Town residents (631)643-4786



What is your FITT Level?

- Frequency - Add one more day of walking
- Intensity - Add short bursts of jogging, speed walking or hill training
- Time - Add 10-15 minutes to your usual workout time
- Type - Do a different activity such as cycling, swimming or aerobics



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Why Walk?

To lose 1 pound, you must burn 3,500 calories. If you cut 250 calories from your daily diet, you could lose that pound in about two weeks. If you add 30 minutes of brisk walking to your daily routine, you could burn another 150 calories a day. Make that 60 minutes of brisk walking and you could burn about 300 calories a day. Of course, the more you walk and the quicker the pace, the more calories you'll burn. Keep it up and you'll walk your way to a healthy weight. Better yet, walking can help you keep the weight off for good. Walking for fitness can help you achieve a number of important health benefits. For example, you can:

Reduce your risk of a heart attack. Walking keeps your heart healthy by lowering low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol) and raising high-density lipoprotein (HDL) cholesterol (the "good" cholesterol).

Manage your blood pressure. A regular walking program also reduces your risk of developing high blood pressure, a factor that also contributes to heart disease. If you already have high blood pressure, walking may reduce it.

Reduce your risk of developing type 2 diabetes. Regular exercise reduces your risk of developing type 2 diabetes. If you're a woman, overweight and at a high risk of diabetes, walking can improve your body's ability to process sugar. If you already have type 2 diabetes, taking part in a regular walking program can improve your body's ability to process sugar, lower your blood sugar, reduce your risk of heart disease and help you live longer.

Manage your weight. Walking burns calories, which can help you manage your weight. For

Around and About

Herstory Writers Workshop, "Changing Memories Into Chapters of Our Lives," memoir writing group; Thursdays, July 3 through August 28, 1:30-4:30 p.m. – Jefferson's Ferry, 1 Jefferson's Ferry Drive, South Setauket. Thursdays, July 3 through August 28, 6-9 p.m. Southampton Cultural Center, Pond Lane, Southampton.
\$150/month fee, scholarships available. Details at (631)676-7395 or herstorywriters.org.

Sunday, July 6, 8:30 p.m. – Singer/songwriter Janis Ian in concert, at the Chapin Rainbow stage, Heckscher Park,

Prime Avenue at Route 25A (Main Street) in Huntington. Free and open to the public, as part of the 43rd annual Huntington Summer Arts Festival. Bring your own chair and blanket. For the latest info go to www.huntingtonarts.org.

Saturday, July 12, 10 a.m.-3:30 p.m. – Herstory Writers Workshop daylong memoir-writing retreat, Herstory Hub, 2539 Middle Country Road, Centereach. \$80, \$75 early sign-up, scholarships available. Details at (631)676-7395 or herstorywriters.org.

Saturday, July 12, 8-11 p.m. – The New York Philharmonic's annual free "concert by the bay," Heckscher State Park. Bring your own chair, blanket, and bug spray. Presented by the New York Philharmonic Free Concert Committee of Long Island, under the auspices of the Islip Arts Council. The parking lots will fill up early. Cost: \$10 to park, plus a donation of nonperishable food items for Long Island Cares. For details call (631)224-5420 or go to www.islipartscouncil.org.

example, middle-aged women who walk more than 10,000 steps a day have lower levels of body fat than do women who are less active.

Manage stress and boost your spirits. Going for a brisk walk is a great way to reduce stress. Regular walking also can reduce feelings of depression and anxiety.

Stay strong and active. As you get older, walking for physical fitness can prevent falls, help you stay mobile and maintain your independence.

Prepare yourself before you go walking. Take time to prepare yourself to prevent injuries, such as blisters on your feet or muscle pain.

Wear walking shoes and comfortable, protective clothing. Before you set out, be sure to select comfortable footwear. Also dress in loosefitting, comfortable clothing and in layers if you need to adjust to changing temperature. Avoid rubberized materials, as they don't allow perspiration to evaporate.

Wear bright colors or reflective tape after dark so that motorists can see you.

Warm up. Spend about five minutes walking slowly to warm up your muscles. You can walk in place if you want. Increase your pace until you feel warm. Warming up your muscles reduces your risk of injury.

Stretch. After warming up, stretch your muscles for five minutes before walking. Include the calf stretch, quadriceps stretch, hamstring stretch, lower back flexion stretch and chest stretch.

Source: Mayo Foundation for Medical Education and Research.

What is Women's Services?

The Suffolk County Executive's Office of Women's Services is a county agency that serves women in all walks of life, at all times and passages in their lives. This is done through a number of services; most are free, and all are available to everyone.

Women constitute over 51 percent of the population of Suffolk County. They are the majority population in every age group over 30. Many of these women are "head of households." Any and all programs or services designed to empower the women of Suffolk County have a direct impact, not only on the woman, but also on the entire family, particularly the children.

The Women's Helpline is available from 9:00 a.m.- 4:30 p.m., Monday through Friday. The Helpline offers information, referrals to resources for further help and emotional support. The Helpline is bilingual. Calls can be anonymous and confidentiality is respected.

Helpline: (631) 853-8222