



# 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,

The celebration of Women's History Month is an opportunity to pay tribute to the generations of trailblazing women who defined their place in history. While much has been accomplished in the last century, we must continue to advance opportunities. During March and beyond, let's all reflect on the fortitude and bravery which stirred our society to make great strides towards women's equality, and opened up new doors that were unimaginable in the past. I am in awe of the strength, greatness, and energy of women every day!

~Legislator Spencer

## Interesting Women's History Facts

- Some well-known inventions created by women include: windshield wipers, the circular saw, Kevlar, the paper bag, white out, non-reflective glass, the dishwasher, disposable diapers, the first car heater, the fire escape, life rafts, residential solar power, the medical syringe, wireless transmissions technology, and much more.
- In 1849, Elizabeth Blackwell became the first woman in the U.S. to receive a medical degree.
- Nearly 60% of college degrees awarded in the U.S. every year are earned by women.
- In 1900, 19% of women in the U.S. held jobs. By 1998, this number had tripled, to 60%.
- The earliest recorded female physician was Merit Ptah, a doctor in ancient Egypt who lived around 2700 B.C.
- The first country to grant women the right to vote in the modern era was New Zealand in 1893.
- The world's first novel, The Tale of Genji, was published in Japan around A.D. 1000 by female author Murasaki Shikibu.



Click [Here](#) for an Interactive Timeline Exploring a Small Selection of Key Moments in Women's History

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# Alicia Lawrence Honored as Woman of Distinction from the 18<sup>th</sup> Legislative District



Alicia Lawrence (right), Woman of Distinction Nominee from the 18<sup>th</sup> Legislative District, with Rick Eriksen (left), and her daughter Lora (center), accept a proclamation from Legislator William R. Spencer, M.D. (center)

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At the Suffolk County Legislature's First Annual County-Wide Reception for Women of Distinction, Legislator William R. Spencer, M.D. had the pleasure of recognizing Alicia Lawrence for her tireless dedication and commitment to the betterment of the Huntington. From donating time to the Huntington Community Food Council Pantry, to volunteering at the Holiday House Thrift Shop, and her service at the Tri-Community Youth Agency, Alicia is a true public servant, endlessly giving her time and talents to causes that lift up her community and neighbors. Thank you Alicia!

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## Benefit & Resource Fair for Veterans and Their Families



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**Saturday, April 9th, 2016 from 9:00AM to 1:00 PM**

**At the Long Island State Veterans Home, located on the Campus of Stony Brook University Hospital  
100 Patriots Road, Stony Brook, NY 11790**

The event is free and open to the public. Representatives from a variety of federal, state, and local service agencies will be present to distribute information and answer your questions. Experts in the field of VA benefits, managed care, Medicaid, housing, home care, assisted living, legal counseling, mental health, long term care, burial arrangements and more will be on hand. In addition, representatives from VA Eligibility and enrollment will be on site, as well as, free oral cancer screenings and general health screening will be performed by Stony Brook Medicine School of Dental Medicine and School of Nursing.

**For more information, call 444-8606 or visit <http://www.listateveteranshome.org>**

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The South Huntington Union Free School District, in partnership with  
Suffolk County Legislator William R. Spencer, Presents

# We Care Health & Wellness Fair

South Huntington Wellness Committee      Strong Healthy United Fit Smart Decisions



**March 31, 2016 4 - 8PM**  
**Walt Whitman High School**

Join family, friends, and the rest of the South Huntington community as many leading health and wellness experts, all assembled under one roof, present new and informative ways to maximize healthy living.

## Schedule of Events

<p><b><u>A Multi-School Blood Drive</u></b> Long Island Blood Services and the little doctors from both Oakwood Primary Center and Birchwood Intermediate School will be ready to help you give the gift of life- donate blood.</p>	<p><b><u>SHED the MEDS</u></b> Sponsored by the Suffolk County Police Department and Legislator Steve Stern, this is an excellent opportunity for the community to bring their old, expired medication to a safe spot for proper disposal.</p>
<p><b><u>SHUFSD Food Services Department</u></b> Display of healthy school lunches offered in all cafeterias plus a food tasting, vote on your favorite entrée. Winner will be included in next month's school lunch menu.</p>	<p><b><u>Global Eyes of Hope</u></b> Donate your old eye glasses to those in need!</p>

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## New 24/7 Substance Abuse Hotline Goes Live on April 1<sup>st</sup>



Suffolk County officials and LICADD (Long Island Council on Alcoholism and Drug Dependence) have joined together to provide another resource to address the opioid epidemic, a 24-hour substance abuse crisis hotline. The new hotline, which will go live **tomorrow, Friday, April 1<sup>st</sup>**, will be a centralized resource for vital information on substance abuse treatment and support options available on Long Island. LICADD will operate the hotline and will provide screenings, referrals and follow ups for those seeking assistance. Providing a single phone number to call for a myriad of resources and services is key to assisting those who are battling addiction and their families. Ensuring effective follow up is essential as there is a short window of time to engage a client and get them into appropriate care to address their substance abuse needs.

***\*\*Starting tomorrow, resident can call the Hotline # @ (631) 979-1700\*\****

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# Substance Abuse Resource Fair

Sponsored by the Huntington Hospital Drug Task Force



April 7<sup>th</sup>, 2016 @ 11:00am - 4:00pm  
Huntington Hospital Main Lobby  
270 Park Avenue, Huntington, NY 11743

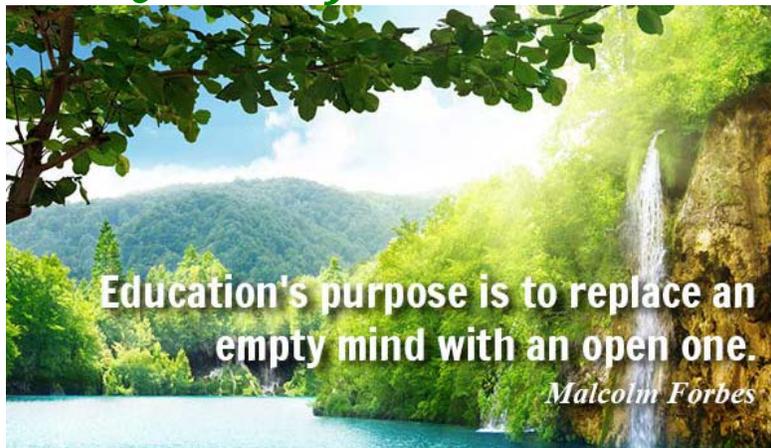
Representatives from more than 15 local agencies and organizations will be available to answer questions and provide information on local substance abuse resources. Raffles and prizes. Valet parking is available at the main entrance of the hospital.

**For more information, contact Judy Richter @ 631-300-8637 or email [jrichter@Northwell.edu](mailto:jrichter@Northwell.edu).**

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## Quote of the Week...



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).