

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,

Sadly already this summer, we have heard yet another tragic story of a young child drowning in a backyard swimming pool accident in Suffolk County. I have included below, some pertinent information to be mindful of when enjoying the water this summer. Please take a moment today to share this with your family and friends. By being proactive about safety measures in and around all water sources, you can help prevent a tragedy.

-Legislator "Doc" Spencer



- Never leave a child unsupervised near a pool. During social gatherings at or near a pool, appoint a "designated watcher" to protect young children from pool accidents. Adults may take turns being the watcher. When adults become preoccupied, children are at risk.
- Instruct babysitters about potential pool hazards to young children and about the use of protective devices, such as door alarms and latches. Emphasize the need for constant supervision.
- If a child is missing, check the pool first. Seconds count in preventing death or disability. Scan the entire pool, bottom and surface, as well as the surrounding areas.
- Do not consider young children to be drown-proof because they have had swimming lessons.
- Do not use flotation devices as a substitute for supervision.
- Keep rescue equipment by the pool. Be sure a telephone is poolside with emergency #'s nearby.
- Remove toys from in and around the pool when it is not in use. Toys can attract children to the pool.
- Never prop open the gate to the pool.
- Consider purchasing a pool alarm. A wide range of different alarms are available, capable of alerting you when the gate has been opened, or even detecting when a person enters the surface of the pool. Prices range, with many affordable options on the market.
- The best preventative step one can take to prevent drowning and other related injuries is to take swimming lessons and to learn CPR. By taking lessons, you are not only protecting yourself, but you will be prepared during an emergency.

To locate a swimming or safety class in your area, visit

<http://www.redcross.org/take-a-class/program-highlights/swimming>.

Suffolk County P.A.L Swim for Survival Program

Thursdays, July 7, 14, 21, and 28th
Session 1: 5:00 – 5:45pm
Session 2: 6:00 – 6:45pm

The Suffolk County Police Athletic League and St. Joseph's College are offering this program for children ages 5-10. This four session program is designed to teach basic water survival skills for children with no swimming experience. Registration fee of \$20.00 includes insurance and camp T-shirt.

To register, please contact the Suffolk County Police Athletic League at 852-6109
Jeanne M. Kremnitzer or e-mail Jeanne.Kremnitzer@suffolkcountyny.gov

GREENLAWN PLAZA
FAMILY FUN DAY 777 PULASKI ROAD
GREENLAWN

RAIN OR SHINE
SUNDAY
JUNE 12
11AM - 3PM

TEAM JILLI DOG SHOW
11AM-1PM

BLOOD DRIVE

CRAFTS WITH KIDDIE ACADEMY

50/50 RAFFLE

BOUNCE HOUSE

FREE SPINAL SCREENINGS AT BUCKLEY CHIROPRACTIC

FITNESS FOLLIES AT CURVES
YOGA 11AM-12PM
ZUMBA 12:30PM-1PM
ZUMBA 1PM-1:30PM
EXERCISE BANDS 2PM-3PM

FACE PAINTING AT THE VISION CENTER

SNACK TABLE AT GREENLAWN FARMS
12PM-2PM

FREE TAE KWON DO CLASS AT CHRIS GATES
1:30PM-3PM

BOY SCOUTS CAR WASH FUNDRAISER
GREENLAWN FIRE DEPARTMENT & AMBULANCE CORPS
PAMELA'S POTIONS ALL NATURAL BODY PRODUCTS
CRYSTAL JEWELRY BY BARBARA AVON
...AND MORE

SPONSORED BY: Greenlawn Vision Center, Chris Gates TAE KWON DO Health Center, KIDDIE ACADEMY EDUCATIONAL CHILD CARE, BUCKLEY FAMILY CHIROPRACTIC CENTER, Curves, Greenlawn Farms, MERRICK PHYSICAL THERAPY P.L.C.

Harborfields Community Raises Money for Special Olympics!



Pictured above from left to right: John Valente, Harborfields High School Athletic Director; Rebecca Strickland, Special Olympics New York - Long Island Region; Deb Stolba Chairperson of the Harborfields Booster Club; and Rachel Spencer, Chairperson of the Harborfields PTA Council Health & Welfare Committee.

Greenlawn, NY - Harborfields High School students recently joined forces with the Booster Club and the PTA Council's Health & Welfare Committee, to raise funds to benefit the Long Island Chapter of the Special Olympics. Working together, they were able to raise more than \$1,700 for the cause by selling customized Special Olympics bracelets and collecting donations from community sponsors and local businesses!

"The Special Olympics goes far beyond just sports, helping to brighten the lives of the competing athletes by fostering important life skills, self-confidence, and friendship," said Suffolk County Legislator William R. Spencer, M.D. "I commend and thank all the students and parent leaders who helped to coordinate this effort."

Currently over 6,200 Long Island athletes are training and competing in the Special Olympics. Harborfields' donation will go toward helping to prepare and send 4 local athletes to competitions this year!

"Harborfields School District should be extremely proud of the dedication and time they put into raising funds for our Long Island Special Olympics Athletes. With some struggles along the way, with conflicting fundraiser dates and last minute forced cancellations, they didn't let it stop them." said Rebecca Strickland, Associate Director of Development at the Long Island Chapter of the Special Olympics. "We are so thankful and proud of their determination to make a difference in the lives of our athletes!"

Vietnam Veterans Tribute



***Sunday, June 12th at 11:00am
At Northport Village Hall***

Woodstock Revival Concert

At the Suffolk County Vanderbilt Museum

Sunday, June 12 @ 12:00 pm - 6:00 pm

This annual outdoor concert on the Great Lawn – with dozens of artists painting to live music by Woodstock tribute bands – is a benefit for Museum education programs. Concert-goers bring beach chairs, blankets and picnic lunches. Rain-or-shine. Food will be available for purchase. Parking is free. Tickets: \$30 in advance, on-line, or \$40 at gate. Age 15 and under, \$10. Age 5 and under, free.

Lineup Includes:

Wonderous Stories, Half Step, Milagro and Jellyband, recreating the music of The Who, Santana, Grateful Dead, Jimi Hendrix, Creedence Clearwater Revival, The Band, Janis Joplin, and others.

For details visit: www.woodstockrevival.net.

Quote of the Week...



Sincerely,

William R. Spencer, M.D.

**Suffolk County Legislator
18th Legislative District**

Feel free to stop by my office or contact me by e-mail, 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.