

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 –

****Blood Drive Next Thursday, July 21st! There Is An Urgent Need For Blood... Please Consider Donating****

Dear Neighbor,

A blood emergency has been declared in the Long Island region this summer. With schools being recessed for break and many residents on vacation, the summer months are typically low on blood. However, the current blood supply has been extraordinarily low. Right now there is less than a two day supply of blood available, while a seven to nine day inventory is recommended.

My office is working with Long Island Blood Services to host a Blood Drive on **Thursday, July 21st from 1-7 PM** at the Centerport Fire Department, 9 Park Circle, Centerport, NY 11721. I would like to encourage all who can donate to please join our efforts. **Each donor will receive an electronic voucher which they can redeem online for a pair of tickets to the NY Mets!**



Here are a few things you need to know if you plan to donate: donors must be between 17 and 75 (or 16 with parental consent and over 75 with a doctor's note), weigh at least 110 pounds and be feeling "in good health" on the day of donation. Remember to bring a photo ID, and be prepared to spend 30-45 minutes in the donation process.

Having blood on our hospital shelves in advance is key to saving lives. Please come out to our Blood Drive and support the thousands of people who will need blood every day! If you have any questions or to schedule an appointment for the blood drive, please contact my office at 631-854-4500.

[**CLICK HERE TO MAKE AN APPOINTMENT ONLINE.**](#)

~ Legislator William R. Spencer, M.D.

Why are we in a Blood Emergency???

Low Donations in April & May

Donations have been down nationally and locally since April and May, which is unusual. Normally, blood centers never struggle during those months because schools are still in session and running drives. Inventories continue to be low coming into July and August, making it even lower than typically in the summertime. NY Blood Center has declared an emergency status throughout the entire summer which is extremely rare and has almost never happened before.

Zika

The Zika virus has been a main contributor of this blood shortage as people who have travelled to countries where Zika is prevalent must defer donation by 28 days to ensure safety. Also, our blood banks have been supplying blood to Puerto Rico, where they cannot accept **any** blood donations from residents at this time due to the Zika Virus.

General Reasons

2,000 donations are needed in New York and New Jersey every day. Blood has a limited shelf life which requires supply to be constantly replenished. It takes 48 hours for blood that's donated to get to hospital shelves due to the typing, testing, and separating of the blood. Since the blood supply has been low nationally, blood centers cannot turn to each other for help like they usually do because so many of them are struggling.



Learn To Be Tobacco Free 6-Week Smoking Cessation Class



Mondays beginning July 18th at 3:00P.M.
At Paumanack Village, 650 Paumanack Village Drive, Greenlawn, NY 11740

Sponsored by the Suffolk County Department of Health, this program will teach participants stress management, behavior modification, and relaxation techniques to help maintain a smoke free life style. Classes are free to Suffolk County Residents.

To register, call 631-261-2761. For more information, [click here](#).



POKÈMON GO SAFETY TIPS



It seems that everywhere you go recently someone is talking about Pokèmon GO, a new virtual scavenger hunt mobile app that allows players, young and old, to find and catch Pokémon characters in the real world. With this new craze, some users are traveling across miles, and even into unknown and unsafe places to catch their favorite characters. But before using the app, it's important to make safety your first priority and take precautions to prevent injury or worse. Already we have seen numerous senseless accidents and instances where unaware and vulnerable players have been taken advantage of. Don't let that happen to you or your loved ones.

Best Practices to Stay Safe While You "Catch Them All"!

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| <ul style="list-style-type: none">• Plan your route.• Be prepared for the elements. Since you will be outside playing and it is July, make sure you stay hydrated, are wearing appropriate summer clothing, proper shoes, sunblock and a hat.• Be alert at all times and stay aware of your surroundings.• Play in pairs or as a group in well-lit areas to ensure your safety. Children should play with a parent or guardian.• Do not drive or ride a bike, skateboard, hoverboard or other device while using the app - "you can't do both safely".• Be cautious of being lured into a bad situation.• Be aware of the people around you. | <ul style="list-style-type: none">• Do not trespass onto private property or go to areas you usually would not if you weren't playing Pokémon GO.• If the police stop you for suspicious behavior, understand that community concerns are greater than your gameplay concerns. Calmly explain that you're just playing a video game and show police you're willing to listen to them when they stop you.• Manage your battery life. Your phone is your primary communication device in the community. Be sure that you phone is fully charged when you go out, and that you have a phone charger/charging cord or portable battery charger with you so you can have it handy during times of extended gameplay.• Always remember it's just a game! |
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You're Out! New Legislation Would Prohibit Smoking on Athletic Fields Throughout Huntington!



Daniel Stratton (center), resident who brought this issue to the attention of the Town, speaks at a press conference with Legislator William R. Spencer, M.D. (left) and Huntingdon Town Councilman Mark Cuthbertson (right).

Suffolk County Legislator William R. Spencer, M.D. recently joined Huntingdon Town Councilman Mark Cuthbertson at Tri-Village Field in Greenlawn to announce new legislation which would prohibit smoking, traditional and e-cigarettes, on athletic fields across the Town of Huntington.

In 2012, Suffolk County passed a law restricting smoking in county parks and beaches only to parking facilities. Under those provisions, smoking on county owned athletic fields is prohibited, but the county law does not have the authority to ban smoking on town properties. In an effort to better serve the public, Legislator Spencer always looks for ways to interface and partner with the other levels of government which impact the lives of residents.

“As a practicing pediatric ear, nose, and throat physician, protecting residents from the dangers of tobacco is a cause near and dear to my heart. That is why I stand here with my colleagues on the town level to advocate for these measures,” said Suffolk County Legislator William R. Spencer, M.D. “I would like to congratulate and thank Councilman Cuthbertson for drafting this policy which is a bold step in helping to reduce the rate of smoking among the youth and ensuring clean air for all who visit our sports fields. Everything counts; even a child becoming conditioned to seeing cigarettes in public or out at a ball field, has an impact. This is something that in the long term will save lives.”

The town legislation comes in response to residents who have expressed health concerns in regard to being exposed to secondhand smoke while at sporting events. Although smoking in town parks and beaches has been outlawed for a number of years, athletic fields have not been specifically addressed, leaving this “loophole” that affects the health of students, parents, and coaches. If approved, sports fields will join playgrounds, beaches, and parks as “No Smoking Zones” in the Town of Huntington. A public hearing to discuss these measures was opened on July 12th and the resolution is slated to be considered by the Town Board at their next meeting.

SCPD 2nd Precinct Explorer Post



Car Wash Fundraiser



****\$5 donation per car****

Saturday, July 16th From 10:00am – 2:00pm

At Dix Hills Fire Department

**115 E. Deer Park Road, Dix Hills
(by the Northern State Parkway)**

Summer Youth Connection Begins



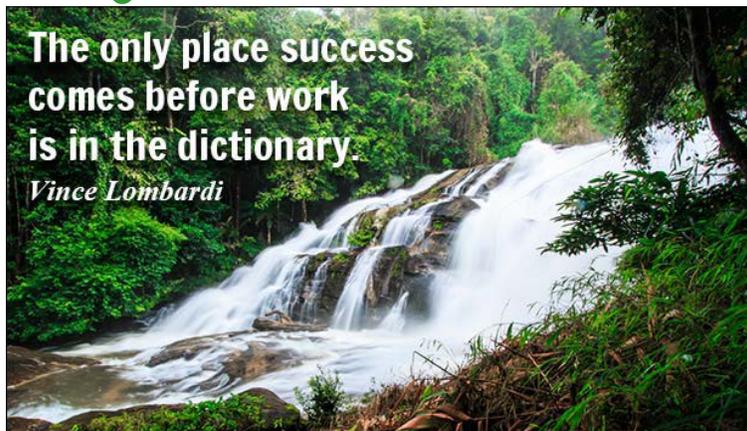
On Tuesday evening Legislator Spencer joined leaders and community members at Walt Whitman High School to announce the start of this year's Summer Youth Connection! The free evening activity program which runs from July 11th through August 19th is aimed for children ages 12-18, and provides students the opportunity to explore various interests including: golf, photography, fire academy, crime scene investigation class, college prep, basketball clinic, volleyball, fitness training, robotics, arts and crafts, jazzercise, PAL baseball and much more.

"Programs like this are possible when everyone works collaboratively for the betterment of the community!" said Legislator Spencer. "Thank you to all who have partnered with Suffolk County and the Town of Huntington to bring this enrichment to our youth."

Program hours are from 5:00-9:00 p.m., Monday- Thursday; Friday nights are dedicated to children with disabilities.

To register your child for upcoming sessions, [click here](#).

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.