

Cornell University  
Cooperative Extension  
of Suffolk County

# Family Health and Wellness Educational Programs *for Adults*



[www.ccesuffolk.org](http://www.ccesuffolk.org)

*Strengthening Families by Putting Knowledge to Work*

## EDUCATIONAL PROGRAMS FOR ADULTS

The Family Health and Wellness Program at Cornell Cooperative Extension of Suffolk County provides practical solutions to the real-life issues that families face. Our three main educational initiatives are:

- *Strengthening families*
- *Improving nutrition and health*
- *Managing and preventing the health consequences of obesity and diabetes*

Affiliated with the College of Human Ecology at Cornell University, the **Family Health and Wellness Program** has provided quality educational programs to Suffolk residents for nearly a century.

This publication describes our current educational offerings for community-based organizations such as public libraries, child care centers, schools and PTAs. Workshops are one session long unless otherwise indicated. Each session is two hours long at a fee of \$250 per session which includes all materials and handouts. Multiple session programs will have extended fees depending on the number of sessions.

Community groups that host a program will be expected to provide suitable space and pre-register participants. A minimum of 12 pre-registered participants is usually required. Participants are expected to attend all sessions of multiple-session programs, which should be scheduled on consecutive weeks or in a similar time frame whenever possible.

To schedule one or more of the programs in this publication, contact the educator identified with the program at 631-727-7850 and his or her extension. We recommend calling as soon as possible to be assured of reserving desired dates.

If your group or organization has a specific need or topic not found in these lists, you can call one of the educators to see if a workshop that meets your needs can be arranged.

# **FAMILY HEALTH AND WELLNESS**

## **ABOUT US**

Established in 1917, Cornell Cooperative Extension was created to disseminate unbiased, research-based information from Cornell University and other universities in the land-grant system to the people of Suffolk County. By helping people apply good science to their lives, we strengthen families and communities, protect and enhance the environment and foster economic development. There are four primary programs areas within Cornell Cooperative Extension of Suffolk County: Agriculture, Marine, 4-H Youth Development, and Family Health and Wellness. Cornell Cooperative Extension manages the Suffolk County Farm and Education Center and Peconic Dunes 4-H Camp where children and youth make friends, learn by doing and acquire life skills.

In addition, we also conduct a major effort devoted to nutrition and obesity prevention for Supplemental Nutrition Assistance Program (SNAP) eligibles. For further information, contact Zahrine Bajwa at 631-727-7850 ext 347, fax 631-727-7130, or email [zb12@cornell.edu](mailto:zb12@cornell.edu).

Affiliated with the College of Human Ecology at Cornell University, the Family Health and Wellness Program (FHW) is one of the oldest initiatives in the Cooperative Extension system. Originally called Home Economics and supporting rural homemakers with information and classes on home management and food preservation, it expanded into urban and suburban areas as family and consumer sciences with resources on human development, family finances and energy conservation. Today the FHW program continues to evolve and address critical issues facing Suffolk's families: diabetes, childhood obesity and raising healthy children.

## **MEET OUR EDUCATORS AND THEIR PROGRAMS**

The extension educators in the Family Health and Wellness Program are experts in the fields of child and adolescent development, positive parenting practices, nutrition and health. Their goal is to help adults make research-informed decisions for themselves and their families. Workshops are designed to be interactive and include opportunities for self-reflection, group discussion and skill-building. Additional materials such as reading lists, fact sheets and websites are provided in folders for each participant. Our educators conduct workshops and classes in libraries, schools, county health centers and other community locations throughout Suffolk County. They teach parents, grandparents, educators, child care staff, health care providers, youth workers and human service professionals who care for and work with children, youth and families.



## **Tim Jahn**

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Tim Jahn has been an educator with Cornell Cooperative Extension for more than 30 years. He began his extension career in the 4-H Youth Development Program and is currently a human ecology specialist in the Family Health and Wellness Program. Tim earned his B.S. in education from St. John's University and his M.Ed in human development from the University of Vermont. Tim's work focuses

on late childhood, early adolescence and the teen years. He is also available to provide training programs for staff in out-of-school-time (OST) settings such as camp and after-school programs.

## **ACTIVE PARENTING NOW (AGES 5-12)**

### **ACTIVE PARENTING FOR TEENS**

*Active Parenting is a nationally-recognized video-based parent education program that has been approved as evidence-based by SAMSHA. The Active Parenting Now and Active Parenting for Teens programs help parents learn new skills using the principles of the Active Parent, including:*

- *Improving communication*
- *Teaching responsibility and other important values*
- *Handling problems effectively*
- *Dealing with difficult topics such as drugs, bullying and sex*
- *Defusing power struggles*
- *Stimulating independence*
- *Encouraging kids to be their best!*

## **PARENTING TEENS**

*Understanding and coping with the teenage years can be perplexing. The following programs can help parents of teens navigate the changes and challenges of adolescence. Workshops on other topics or issues related to adolescent development can be arranged on request.*

### **Help! My kid is a tween!**

Ready or not, school-age children become pre-teens pretty quickly. Parents want to know how young adolescents grow and the developmental issues they face. Learn how to anticipate and plan for the changes that occur in preadolescence, including strategies for guiding your tween in a positive way.

## **“Let’s Talk” series**

*The following topical sessions will allow parents to identify their concerns, learn about the issues, share ideas and brainstorm possible solutions to problem behavior.*

### ***Let’s talk about alcohol and drugs***

Discuss what kids are doing and using, how alcohol and drug use harms them, and what parents can do.

### ***Let’s talk about teen mental health***

Talk about common mental health concerns for teens, when to worry about their behavior and resources that can help.

### ***Let’s talk about sex***

Discuss teen sexual development, identity, orientation and healthy teen sexuality and relationships.

## **Red-flag behaviors: when to worry about adolescents**

Even normal teen behavior can seem pretty strange at times, but adults really have to worry when teens exhibit certain patterns of high risk behavior. Learn the warning signs of trouble and ways to protect and support adolescents.

## **Talking with kids about tough topics**

Pre-teens and teens are growing up in a complex and sometimes scary world. Parents need to communicate effectively about tough topics like sex, drugs and violence. Learn what to say and how to say it so your children have the information and values they need.

## **Teens learn what they live**

“If teenagers live with pressure, they learn to be stressed” is the first of many thoughtful verses from the poem by Dorothy Law Nolte. This workshop will explore several of the key concepts presented by Nolte and co-author Rachel Harris and will underscore a fundamental truth that parents of teens need to teach by example and stay deeply involved.

## **Teen-parent communication: what works and what doesn’t**

Does your pre-teen or teen listen to you? Does he or she respond with grunts, monosyllables or expressions like “whatever”? Would you like to have more respectful communication between you and your pre-teen or teen? Learn what you can do to build a more positive and satisfying relationship with your child through effective communication.

## **The secret lives of teens**

Do you think you know pre-teens or teens well? You might be surprised, even shocked, to learn that most teens do not readily share information with adults and many have secret inner lives. Learn about effective monitoring, ways to respectfully engage teens and how to avoid problems before secret lives cross over to the dark side.

## **The three R's of families: rules, routines and responsibilities**

Character education begins at home with parents as teachers and family life as the curriculum. Learn how to use the nuts and bolts of daily life – rules, routines and chores – to raise respectful, responsible, self-reliant children. This workshop is appropriate for parents of school-age children through the teen years.

## **Why teens do what they do**

As a parent of a pre-teen or teen, are you bewildered by adolescent behavior? Does her moodiness drive you crazy? Does his attitude push your buttons? Would you like to have a more respectful relationship with her or him? Unlock the mystery of adolescence with the key of understanding that can improve your relationship with your teen.

## **PARENTS AND CHILDREN TOGETHER**

*Research shows that when parents and children learn together, changes in knowledge, attitudes and skills are doubly reinforced. The following programs are designed for parents and their children ages 6-12.*

### **All about bullying and cyber-bullying**

Learn about the different kinds of bullying, what to do when bullying occurs and how to help others who may be victims.

### **Family fun**

Take some time out for fun and laughter. Play a variety of games with other families, including active games, brain busters, drawing games, puzzles and more.

### **Media smart families**

Families are surrounded by all forms of media 24/7. Learn what's good and bad about media and how to be a media-literate family.

### **Moving up to middle school**

The transition to middle school or junior high can make parents and kids anxious. Talk about your worries and get some ideas for coping more effectively with the move to middle school.

### **Staying safe in cyberspace**

Talk about dangers online, the risks of social media and rules for safe surfing.



## **Kerri Kreh Reda**

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Kerri Kreh Reda has been a human development specialist with Cornell Cooperative Extension's Family Health and Wellness program since 2000. Kerri works closely with parents of young children, focusing on brain development, temperament, toilet learning, play and temper tantrums. She combines her training in health education and child development to present on topics such as body image and obesity prevention.

Kerri holds a master's degree in maternal and child health/health education from the University of South Florida and a B.A. in human development from Eckerd College, Florida. Kerri facilitates the following workshops on early childhood and raising healthy children. Workshops on other topics or issues related to parenting young children can be arranged on request.

### **EARLY CHILDHOOD (birth - 5 years)**

*Children don't come with instructions. New parents (and not so new parents) often have questions. The following programs have been designed to answer some of the common questions that come up when raising our youngest children.*

#### **Beyond the Stork: fostering healthy sexual development in your young child**

You may think it's too soon to begin talking about sex with your child; however, by age three your child has already had messages about sexuality. Children learn about sexuality whether you are teaching them or not. They learn from their peers, television, advertising and music. As a parent you can be the most powerful influence over your child's sexual attitudes. Talking about sexuality allows you to share correct information and your family values. Children who are informed about sex and feel they can talk to their parents are less likely to engage in high-risk behaviors that can lead to early sexual activity, teenage pregnancy, sexual abuse and sexually transmitted infections. The question is do you want to be a part of their sex education?

#### **Coping with toilet learning**

Is your child physically and emotionally ready for toilet learning? Are you? This workshop will discuss signs of readiness and offer guidelines to successful toilet learning.

#### **Fun and learning: the importance of play**

Child's play is more than just play; it is how children learn and it is essential to their health and development. Join us while we explore how play has changed and learn how play positively affects children's emotional, physical, social and intellectual growth.

## **Guiding toddler behavior**

All parents have to deal with challenging behaviors during the toddler years and may not know the best course of action to take to correct misbehavior. During this two session workshop, we will discuss guidelines for disciplining young children and offer practical ideas that can make life more pleasurable for toddlers and the adults who care for them. (2 sessions)

## **Living with toddlers**

Toddlers can be sweet and charming or feisty and uncooperative. In this two session program parents will gain a better understanding of both early childhood development and temperament, and how each may impact their toddler's behavior, while developing realistic expectations for their child. (2 sessions)

## **Smart kids**

Did you know that academic success at ages 9 and 10 can be attributed to the amount of words that a child hears from birth through age three? Thinking about how to prepare your infant or toddler for school may seem like a premature concept; however, research indicates that school readiness starts long before a child begins kindergarten. Come to this workshop to learn about non-academic factors that contribute to school success.

## **Temper tantrums: yours and theirs**

You are at the grocery store when your toddler has his third temper tantrum of the day. Although temper tantrums are normal for children between the ages of 1 and 5, they can make a parent feel frustrated and embarrassed. Maybe you even feel like having a tantrum of your own. What should you do? In this workshop we will discuss the causes of tantrums, what can be done to minimize them, and the best ways to deal with them when they do occur.

## **The early years matter: brain development**

Research on brain development reveals that the first years of life are critical for healthy development. Early attachments and experiences have a powerful impact on a child's intellectual, emotional and social development. This workshop will enable parents to realize their role in nurturing their child's brain development.

## **Understanding temperament**

Ever wonder how children with the same parents can be so different from one another? One explanation is temperament. During this program the concept of temperament will be introduced. We will spend time exploring children's temperamental traits and how they may affect behavior and explain why children react the way they do in different situations.



## **RAISING HEALTHY CHILDREN**

*Things are different than they used to be. Media has saturated our lives and technology is developing at a rapid rate. It is difficult to know how these changes will impact our families and our health. The programs listed in this section focus on protecting our children and offer suggestions for maintaining a healthy balance in an ever changing world.*

### **Bringing back childhood**

Media and popular culture are forcing adult content on children at younger and younger ages, robbing today's children of their childhood and their innocence. Learn how to protect your child from the unhealthy messages they are receiving on a regular basis.

### **Fostering body confidence**

All parents want their children to develop a healthy self-body image and feel comfortable with their bodies. During this program, designed for parents with children under the age of 5, we will discuss how parents can nurture their child's body confidence and help protect him or her from the many toxic messages that are pervasive in society.

### **Healthy families/healthy kids**

Pressures placed on families don't always lead to lifestyle choices that are beneficial to a child's healthy development. As a result many children are experiencing weight problems at earlier and earlier ages. This program will address what families can do to reverse this trend and develop habits for a healthier future.

### **Raising confident and healthy girls**

Girls today receive many messages from popular culture about what it means to be a girl. With a focus on appearance and sexuality, these messages can impact a young girl's developing self-image as well as her body image. This program, designed for parents of daughters ages 3-12, will look at how these messages can be balanced by the adults in a girl's life and the role adults have in helping girls grow into healthy and confident young women.

### **Unplugged: moving beyond screens**

During this program we will review what research says about children's use of screen media and offer parents suggestions on how to better balance screen time with other activities for their families.



## **Dinah Torres-Castro**

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Dinah Torres Castro is a Family Well-being Educator whose focus is to provide information on nutrition and parent education to parents of young children. Dinah holds a B.S. from Cornell University and provides programming for both English and Spanish-speaking audiences. Dinah facilitates the following workshops and welcomes the opportunity to present on other topics or issues related to parenting in Spanish.

## **HEALTHY FAMILIES**

*The following programs focus on healthy eating and the role of the parent in fostering a healthy family lifestyle.*

### **In the kitchen with your little chef**

Join us for a program for parents and children where parents learn about the feeding relationship, strategies for improved communication with their children and cooking ideas to share with their families. Both parents and children participate in cooking activities.

### **En la Cocina con su Pequeño Chef**

Un taller para los padres y niños en el que se aprende acerca de las relaciones de alimentación y estrategias para mejorar la comunicación entre padres a hijos. Aprenderán ideas para cocinar que pueden compartir con la familia. Los padres y los niños juntos participan en varias actividades de cocina.

### **Peaceful meals with young children**

If you are frustrated by your picky eater come and learn how to improve your meal planning skills, your family's nutrition and discover strategies to cope with picky eaters. Each of the three sessions will end with sample nutritious meals prepared by the program participants. (3 sessions)

### **Comiendo en Paz con sus Niños Jóvenes**

Si usted está frustrado con sus niños que no quieren comer alimentos saludables venga y aprenda como planear las comidas, mejorar la nutrición de su familia, y descubrir estrategias para manejar a los niños que son muy exigentes para comer. Al final de cada clase los participantes van disfrutar de las recetas que ellos mismos preparan. (3 clases)

### **Parenting styles and the feeding relationship**

Does the way you parent your child affect the way your child develops healthy eating habits? Learn how research has found that the different parenting styles can promote healthy eating habits or contribute to unhealthy eating.

### **La Crianza y las Prácticas de Alimentar**

¿Cree que la manera que usted cría sus hijos los hace desarrollar hábitos alimenticios saludables? Aprenda cómo algunos estudios han encontrado que los diferentes estilos de crianza pueden promover ya sea los buenos como los malos hábitos de alimentación.

## **The family table**

Our busy schedules have driven many of us away from the everyday family table. But now more than ever we need the benefits of gathering together to bond as a family. Learn how to make your family connection, nutrition and well-being a priority once again. Find out how to build the important foundation for a lifetime of good eating habits and strong family bonding. In this program you'll learn about the multiple benefits of family mealtimes in addition to tips for getting the family together despite our busy schedules.

## **La Mesa Familiar**

Hoy en día las familias tienen horarios ocupados y no pueden compartir las comidas cotidianas como nosotros lo hacíamos en otros tiempos. En este taller vamos a aprender múltiples beneficios que nuestros niños pueden obtener simplemente compartiendo comidas juntas. Descubre cómo construir una buena base para una vida de hábitos nutritivos que son saludables y a la vez formar lazos familiares fuertes.

## **PARENTING**

*The following parent education workshops are available in English and Spanish.*

### **Winning ways to talk with kids**

A workshop designed to help parents and caregivers communicate effectively with children at every stage of their development. We'll use role play and small group activities to help caregivers learn how to avoid communication breakdowns and become better listeners.

### **Comunicando con niños exitosamente**

Un taller diseñado para ayudar a los padres y cuidadores a comunicar eficazmente con los niños en cada fase de desarrollo. Nosotros usaremos juegos de roles y actividades de grupo pequeños para ayudar a los cuidadores a que aprendan a evitar problemas causados cuando la comunicación con los niños no es óptima y cómo aprender verdaderamente a escuchar lo que los niños están tratando de decir.

### **Getting ready for kindergarten**

This workshop will explore ways that parents can support their child's development the year before kindergarten.

### **¡Listos para kindergarten!**

En este taller vamos a descubrir las diferentes maneras que los padres pueden apoyar el desarrollo de sus niños un año antes de que el niño empiece kindergarten.

### **Setting rules and limits for young children**

All children need rules and limits. Children should know what is expected of them and what the consequences will be if the rules are broken. In this workshop parents learn how to set rules and limits in ways that will help their child learn how to behave.

### **Poniendo reglas y límites para los niños**

Todos los niños necesitan tener reglas y límites. Los niños deben saber lo que nosotros esperamos de ellos y las consecuencias cuando ellos no siguen las reglas. En este taller los padres aprenden cómo poner reglas y límites en su hogar para ayudarlos a aprender cómo comportarse.

## **Parenting adolescents**

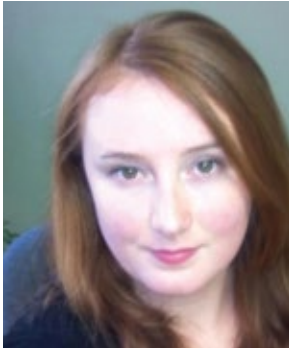
This 3-part program will cover topics common to parents raising teenagers spanning from parental self-care, adolescent development, improving teen/parent communication, guiding behavior, teen-parent conflict and risky teen behaviors. 3 sessions

## **Criando adolescentes**

Estos talleres constan de tres partes y trata temas comunes de padres con hijos adolescentes. Comenzando en el cuidado general de los mismos padres y su importancia. También se tratará el desarrollo de los adolescentes, comunicación y conflictos entre los padres y adolescentes. En los talleres los padres aprenderán como orientar y guiar a los adolescentes acerca de los riesgos que ellos toman.

## **PARENTING THE SECOND TIME AROUND (PASTA)**

*This eight week workshop series is intended for grandparents and relative caregivers raising children and teens. It includes workshops on child development, discipline, legal issues and social supports.*



### **Jessica Schreck, RD, CDN**

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Jessica is a Registered Dietitian with approximately 10 years in the field. She has extensive experience in pediatric nutrition, community nutrition, and working with the disabled. Her current focus is diabetes prevention/management and promoting overall nutrition well-being. She received her B.A. in Dietetics from Queens College CUNY, and completed her Dietetic Internship and certificate of advanced studies

from C.W. Post LIU. Workshops on other topics related to nutrition and/or healthy cooking demonstrations can be arranged on request.

## **Secrets to successful weight loss**

Losing weight can be difficult, and keeping it off is even more challenging. Learn what research says and practical advice and tips to help in the real world.

## **Portion distortion**

Over the years portion sizes have increased dramatically along with the incidences of obesity and other chronic health issues. Learn what a proper portion size is and how much you should be having.

## **Diabetes defense**

Participants will receive up to date information about diet, physical activity, and other lifestyle changes that can help manage and lower the risks of diabetes.

## **The basics of healthy eating**

Participants will learn tips on grocery shopping, portion sizes, and beverages as well as snack and meal ideas.



## **Maxine Roeper Cohen**

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Maxine Roeper Cohen has been a Parent Educator in the Family Health and Wellness Program Area of Cornell Cooperative Extension for more than thirteen years. Maxine received her B.S. in Human Development and Family Studies from Cornell University and her M.S. in Education from Syracuse University. She enjoys helping to increase family strength by offering research-based strategies related

to child development at the parent-child workshops she conducts at libraries throughout Suffolk County.

### **Parenting toddlers (for libraries only)**

Parents have many questions about living comfortably with toddlers, from handling discipline and temper tantrums to dealing with toilet learning. Our parent educator offers practical ideas and support.



## **Deborah J. Wroblewski**

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Deborah J. Wroblewski is a Parent Educator with Cornell Cooperative Extension of Suffolk County's Family Health and Wellness Program. Debby holds an Associate's Degree in Dietetic Technology from Suffolk County Community College. As a resource person for the Parent-Toddler programs in libraries throughout Suffolk County, Debby provides nutrition and parenting information to parents of young children.

### **Feeding little folks (for libraries only)**

Parents can learn about children's food needs, ways to gain food acceptance and how to get children to accept responsibility for eating on their own while their children enjoy a healthy age appropriate snack. Parent educator delves into topics such as how to get young children to eat a wider variety of foods, common feeding behaviors and the developmental changes that affect their eating patterns.



## **Nancy Olsen-Harbich**

**Phone:** 631-727-7850, Ext.

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Nancy Olsen-Harbich has been a Human Development Specialist at Cornell Cooperative Extension since 1985. Her area of expertise is early childhood, birth through age 8. She holds a Bachelor's Degree in Human Development and Family Studies from Cornell University and a Master's Degree in Family Health from Stony Brook University. She currently serves as Director of the Family Health and Wellness Program.

### **Discipline is not a dirty word**

Positive discipline means helping children learn self-control and problem-solving. Discover new ways to correct and guide children's behavior. For parents and caregivers of children between the ages of 2-12. (3 sessions)

### **Raising responsible children**

We all want our children to grow into being responsible, contributing members of our families and, ultimately, of society. How do we guide our children to acquire the necessary skills and motivation? This workshop will explore parenting practices that teach children responsibility for themselves, for their schoolwork, for their home and for their relationships.

## **PARENT UNIVERSITY**

*Community groups can arrange for the following workshops to be held as a series on successive weeks. The fee for this special series is only \$750. All workshops address raising children in grades K-8. To arrange for a Parent University at your site, contact Kerri Kreh Reda at 631-727-7850, Ext. 330 or at kkr5@cornell.edu.*

### **What's your parenting style?**

Research shows that parenting style matters. Discover your style and learn ways to provide the right amount of structure and nurture, control and support, love and limits.

### **Winning ways to talk with kids**

Communication is the key to a positive parent-child relationship. Learn how to communicate effectively with children at every stage of their development, avoid communication breakdowns and be a good listener.

### **Understanding temperament**

Temperament affects behavior, how children react to their environments and how adults react to them. Explore children's temperamental traits and ways to work effectively with different temperaments.

### **Raising responsible children**

Responsibility is the fourth R and maybe the most important. Discuss parenting practices that teach children responsibility for themselves, for their schoolwork, for their home and for their relationships.

### ***What people are saying about our programs:***

- *“Thank you so much. I truly found all your insight and suggestions so enlightening. You gave us real life examples with simple and practical ways to handle lots of everyday situations. I would like to take or attend more events like what the library hosted.”*
- *“Before I attended the PASTA program I felt angry and frustrated but after the program I am more sympathetic and feeling the ability to make a difference.”*
- *“On behalf of our children and staff, we thank you for your time, expertise, and resource support. Your workshops with our staff were lots of fun in addition to being learning experiences for us all!”*
- *“Great workshop! We use Cornell for parenting programs all the time and we and the patrons love you guys!”*
- *“I truly appreciate all the insight and knowledge given to me. I have opened my eyes to new and better ways to help my children. I don't feel alone or lost.”*



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*Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.*



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