

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 –

Legislator Spencer is Accepting Submissions For the 2017 "Be Pool Smart" Poster Contest!

Elementary students from the Huntington, Northport, Cold Spring Harbor and Harborfields school districts are invited to participate in the Suffolk County Legislature's 2017 "Be Pool Smart" poster contest! The annual competition, which was first established in 2007, promotes pool safety by encouraging elementary students to design a poster that features tips on how to stay safe by the water.

"This is a fun way to get our youngsters thinking about a very serious and very real safety hazard. Across America, more than 10 people die a day in water related accidents. It's crucial that we bring awareness to this issue as we live in a place surrounded by water, and back yard pools are so common." said Legislator Spencer.

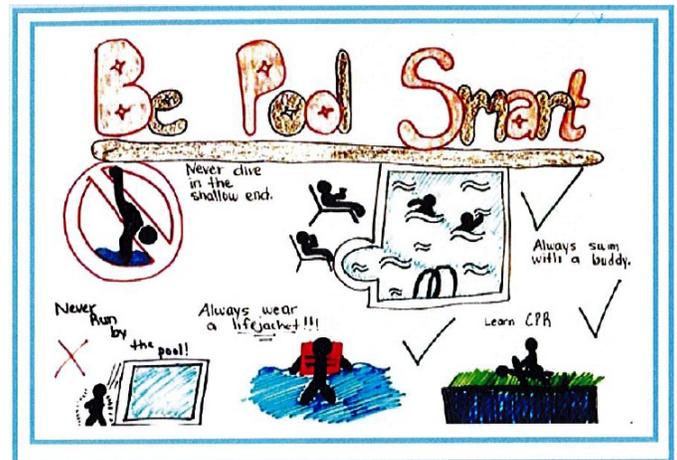
Each Legislator will select one outstanding poster from their district to compete against the 17 other finalists. The 1st place winner will have their illustration featured in the countywide annual pool safety campaign from the Suffolk County Department of Health Services and will receive a proclamation at the June General Meeting of the Legislature. The 2nd place winner will also be honored as the runner up.

Rules

Each participating student should create a poster no larger than 22" X 30" with the title "Be Pool Smart." The poster should creatively illustrate one or more safety tips to prevent accidental drowning.

Tips which can be included

1. Always swim with a buddy.
2. Never leave children of any age alone in or near the water. Make sure children under five years of age are always within "arms reach" when in or near the water.
3. Remove steps and take toys away from the pool area when it is not in use.
4. Never run by the pool.
5. Keep a first aid kit stocked and near the pool.
6. Keep a cell phone in the pool area in case of emergency.
7. Teach children how to dial 9-1-1 and how to get help if an emergency arises. Make sure children know their address.
8. Never dive in the shallow end of the pool.
9. Learn to swim.
10. Learn CPR.



2016 Winning Poster

Submissions should include the child's name, age, grade, school and teacher's name on the back of the poster, and can be dropped off at Legislator Spencer's Office at 15 Park Circle, Suite 209, Centerport, NY 11721. For more information or to access last year's "Be Pool Smart" brochure call 631-854-4500.

Deadline is Friday, April 21st by 12 Noon

Falls Prevention Classes Offered For Mature Residents

Commissioner of Health Services, Dr. James Tomarken invites residents to attend the county's national award-winning program focused on falls prevention. The program is intended to empower seniors to carry out behaviors that reduce the risks of falls and improve their quality of life. The "Staying Independent for Life" program covers much of the information that is provided in the 'Stepping On' program in a condensed two-hour session. Between 2011 and 2016 these programs collectively reached over 11,406 senior citizens to teach them about how to prevent falls in the home and live independently.

Staying Independent for Life Program in Kings Park Tuesday, February 28th from 10:00 a.m. – 12:00 p.m.

Martin Luther Terrace Apartments
116 Wartburg Court, Kings Park, NY 11754
To register call 631-853-7214

Additional programs, including *Stepping On*, a seven-week National award-winning program, are offered in different communities throughout the year. For more information about any of the Suffolk County Fall Prevention Programs, call the Suffolk County Department of Health Services at (631) 853-6492.

**Women's Health & Empowerment
Series on Heart Health**

Sponsored by Huntington Councilwoman Tracey A. Edwards and Huntington Women's Services in partnership with Huntington Hospital

Tuesday, February 28th at 7:00pm
Huntington Town Hall, 100 Main Street Huntington

Panel Speakers: Jeanette Bredes, NM; Kevin Cerrone P.T., Mary Lemp, DNP;
Paul Maccaro, M.D.; Paul Moulinie, M.D.; Claire Odenthal, NP,
Stephanie Schiff, Registered Dietician.

♥ Risk Factors	♥ Nutrition
♥ Symptoms	♥ Exercise
♥ Prevention	♥ Treatment

*** For more information or to register call 631-351-3175***

Immigration Scams

New York State Attorney General Eric R. Schneiderman has issued a fraud alert due to an increased number of reports of scammers who are posing as Immigration and Customs Enforcement (ICE) agents and demanding money from immigrants in order to avoid detainment. Residents should be aware that ICE officials will never demand money in person or over the phone.

To report potential fraud, contact the Attorney General's Immigration Services Fraud Unit Hotline at (866) 390-2992 or email Civil.Rights@ag.NY.gov.

How to Avoid Credit Card Skimmers at ATMs

Criminals can easily capture your credit and debit card information with small devices called skimmers that can be attached to ATM machines and access the data from your card's magnetic strip. Just last week, we heard a report of a Nassau County man who discovered one of these insidious skimmers on a machine in a 7-11 store. When using ATMs and other card reading devices please use extra caution and remain on the lookout for things out of the ordinary. Below are a few telltale signs to be aware of from PC Magazine:

Check for Tampering: check for obvious signs of tampering around the entire vicinity of the machine. Look at the speakers, side of the screen, card reader itself, keyboard, etc. If you notice anything different than normal, don't use that ATM and file a report. If you are at a bank where there are multiple ATMs in one location, take a look at the other machines to compare them both.

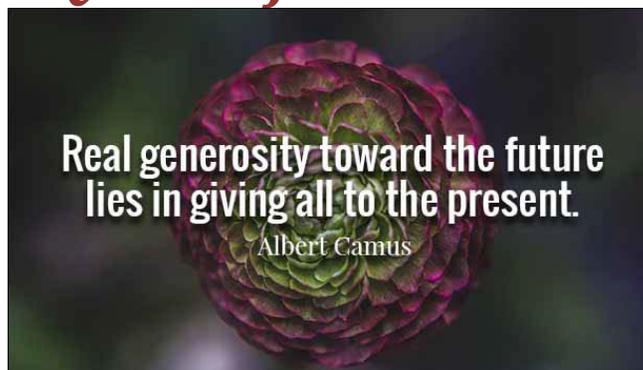
Wiggle Everything: Even if you can't see any visual differences, take a moment to push and tug at the different parts of the machine. ATMs are solidly constructed and generally don't have any jiggling or loose parts. Often times the credit card readers will be glued or placed atop the real machine parts.

Think Through Your Steps: When entering your debit card pin at an ATM you should assume that there is someone looking. Always cover the keypad with your hand as you enter your PIN to guard yourself from a nosy criminal behind you or a hidden camera. Also consider that ATMs inside banks are generally safer due to increased surveillance, although some daring criminals still succeed at installing them there. You should stop and consider the safety of the ATM before you use it; for example, the ATM inside a grocery store or restaurant is generally safer than the one that is outside on the sidewalk. The chances of encountering a skimmer are higher on the weekend than during the week, since it's harder for customers to report the suspicious ATMs to the bank. Often criminals will install skimmers on Saturdays or Sundays, and then remove them before the banks reopen on Monday.

Report it: If you believe your account has been compromised in any way, report the suspicion to your card issuer or bank as soon as possible. They will launch an investigation and if a theft is found, your money will be returned. Timely reporting is crucial for fraud cases, so make sure you actively and routinely review your transactions and statements.

To access the full article from PC Magazine, visit
<http://www.pcmag.com/article2/0,2817,2469560,00.asp>.

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.