

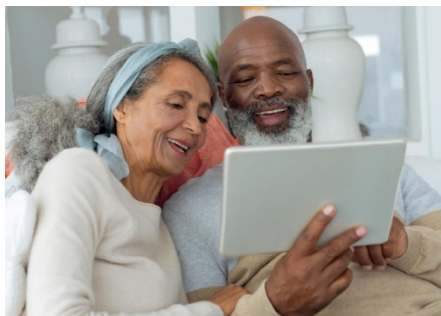


**Norman A. Gomez-Vasquez
Appointed to Board of Directors**

Family Service League is proud to announce the election of Norman A. Gomez-Vasquez to its Board of Directors. Mr. Gomez-Vasquez is an Insurance Broker and Area Vice President at Gallagher, located in Jericho, New York. He has specialized in serving the construction industry by qualifying and assisting contractors on all their Contract Surety bonding needs. He is a Sergeant of Marines, having served 8 years in the Marine Corps Reserves attached to 6th Communications Battalion, located in Brooklyn, New York, from 2014-2022. In 2022, he was selected for the Town of Huntington's Hispanic Advisory Task Force and the Town of Huntington's Anti-Bias Task Force.



He is excited to have the opportunity to return to FSL - the very same organization that had kept him busy with afterschool tutoring and summer camp experiences when he was a child. Recently, Mr. Gomez-Vasquez secured additional funding for FSL's Camp Champion program and is spearheading a Summer Camp Backpack Drive. Additionally, he is an active volunteer on the planning committees of Great Chefs of Long Island and the Annual Walk for Wellness. We are pleased to welcome him to the Board and look forward to working with him in the coming years!



**Are you 50+ years old and looking to build your
knowledge of today's technology?**

SeniorNet's courses are designed for YOU!

All courses are designed for beginner through advanced students. Topics include Introduction to Streaming Videos, Smartphone Photography, Microsoft Outlook, Google Docs, and much more. For information contact fslseniornet@fsl-li.org or 631-470-6757.

Do you have a computer or tablet that you no longer need?

SeniorNet's Refurbishment Program provides a new life and use for laptops and tablets. The staff of volunteers refurbish gently used equipment, then donate it to families and seniors in need. These donations are invaluable for those struggling financially who would otherwise be unable to connect

with any online services or distant loved ones. Learn more by contacting seniornethelp@gmail.com or 631-629-5426 or visit www.seniornetli.org

*Thank you to **National Grid Foundation** for its ongoing support. This year's funding defrayed the expense of much needed user manuals for the SeniorNet Program.*

Thank you to our dear friends at Splashes of Hope!

This past weekend one of our Shelters was the latest FSL site to receive a hand-painted, custom designed mural. These soothing and uplifting scenes create inviting spaces and are often the first thing you see upon entering.

Our thanks to founder Heather J. Buggee and her team of artist volunteers for this and the many other Splashes they have created for our clients and staff to enjoy!



FREE Caregiver Support

We recognize the stress and pressure that is often felt by caregivers. FSL offers both group and individual counseling (online or in-person), as well as educational resources, for those caring for an aging or elderly loved one. We help caregivers handle their stress, better understand their role and options, and secure any assistance that may be available. We cover timely topics such as dementia care, elder law, nutrition, and long-term care planning. For information contact 631-591-9310 or 516-406-1085. All services are FREE of charge.

This program is funded by the Department of Health and Human Services through the New York State Office for the Aging and the Suffolk County Office for the Aging.