

4.2026



UNITED WAY
Long Island

HEADLINES



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OAHMP

Older Adult Home Modifications Program

Claire

Older Adult Home Modification Program

Claire, a senior and widowed woman who is hard of hearing, faced urgent household challenges that threatened her safety and independence. Like many older adults, she wanted to remain in her home but needed support to address safety modifications that might otherwise have been difficult to manage on her own.

Through a referral from her utility provider, Claire connected with **United Way of Long Island's Older Adults Home Modification Program**. Working closely with the team, Claire received compassionate, hands-on assistance tailored to her needs, coordinating the process with understanding and care, ensuring that every step, from assessment to modifications, was clear, supportive, and respectful of Claire's home and personal circumstances.

The program addressed urgent needs, providing essential home modifications to make daily life safer and more manageable, including new smoke alarms, a fire extinguisher, GFCI outlets, shower grab bars, sensor-activated exterior lighting, and repairs to a bathroom water leak. Through this partnership, Claire experienced the impact of coordinated community support: one that values dignity, independence, and the well-being of older adults.

With the modifications in place, Claire can move through her home more safely and confidently. She and her family gained peace of mind knowing that she is supported by a network of caring professionals who prioritize her health, safety, and independence.

Claire's experience demonstrates how United Way and its community partners transform urgent household needs into lasting security for seniors. By combining expertise, compassion, and practical solutions, the program allows older adults to remain safe, independent, and empowered in the homes they love.



United Way's 211 Call Center is a 24/7/365 non-emergency information resource, helping Long Islanders with free, comprehensive connections to over 10,000 essential services. For more information visit [211LongIsland.org](https://www.211LongIsland.org) or call 2-1-1 or text 898-211.



OAHMP

Older Adult Home Modifications Program



Antonio

NYS Medicaid 1115 Waiver Program

Antonio and his family were navigating an important period at home, a time when stability, comfort, and routine mattered more than ever. Following a recent surgery, everyday household responsibilities became more difficult to manage, adding pressure to an already delicate moment for the family. Like many households, Antonio needed practical support that would help his family maintain normalcy and focus on caring for one another.

Through the HEALI initiative under the New York State Medicaid 1115 Waiver, community partners came together to provide coordinated support designed to ease daily burdens such as addressing housing stability, utilities, and household needs, ensuring the family could remain comfortable and safe at home.

As part of this collective effort, United Way of Long Island provided hands-on household support services to ensure Antonio's living environment was safe. The team replaced an aging air conditioning unit with a new system, installed LED lighting, cleaned the oven, added a fire extinguisher, improved exterior drainage, treated the home's exterior for pests, and provided an outdoor trash can. These practical improvements helped reduce stress and created a safer, more manageable home.

"We're really grateful for the support our family received. Having help with our home made things feel a little easier during a time when we were focused on our son and just getting through our days. The assistance brought us peace of mind and took some pressure off, and we truly appreciate the care and kindness shown to our family." says Antonio.

With essential home improvements completed and multiple partners working in coordination, Antonio and his family were able to shift their focus back to healing, parenting, and daily life. Small but meaningful changes, reliable cooling, safer living conditions, and reduced maintenance concerns created a sense of stability, allowing the family to move forward with greater confidence.

Antonio's story reflects how community-driven solutions can strengthen households beyond a single moment of need. By working together to provide practical, dignity-centered support, partners helped open the door to continued stability for this family and for many others who benefit from coordinated care initiatives designed to meet people where they are.



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CompanySpotlight



PSEG Long Island and IBEW Local 1049 are dedicated community partners committed to strengthening the well-being of Long Islanders both on and off the grid. Beyond delivering safe and reliable energy to the region, they play a vital role in supporting United Way of Long Island and its mission to advance youth opportunity, financial security, healthy communities, and community resilience.

Through generous financial contributions our ongoing collaboration with PSEG Long Island and IBEW Local 1049 have supported many critical initiatives, including Project Warmth to help families facing energy insecurity, as well as workforce development programs like VetsBuild and STEM education opportunities for local students.

Their commitment extends beyond funding, engaging employees and customers alike to give back and uplift communities across Nassau and Suffolk counties. Whether responding to urgent needs or investing in long-term solutions they continue to be a powerful force for good, helping to create stronger, more resilient communities for all.



Events



National Grid Foundation's Milestone \$600k Grant to United Way of Long Island's Project Warmth to Keep Long Islanders Safe and Warm

In a landmark moment, United Way of Long Island announced and celebrated the National Grid Foundation's extraordinary commitment, setting a new standard for philanthropic contributions.

According to United Way's latest ALICE (Asset Limited, Income Constrained, Employed) Report, there are more than 354,000 hardworking Long Islanders struggling to afford life's basic needs. One out of three families don't earn enough to make ends meet or heat their homes during the bitter winter months.

As Long Island's only non-governmental, island-wide emergency energy fund, it creates a safety net for families and seniors who are unable to pay their heating bill. Project Warmth provides a one-time grant for oil, gas, and fuel-related electric. Payments are made directly to oil and utility companies on behalf of eligible residents who are struggling financially and have exhausted other options. For the thousands of families United Way helps each year, assistance with an oil delivery or utility arrears gives them room in their budgets to cover essentials like food or medication.

Long Islanders seeking help to keep the heat on in their homes were bundled in winter coats and hats to apply for assistance during United Way of Long Island's "A Day of Warm Homes & Warm Hearts" at the offices of their community partner agency, Choice For All. Eligible applicants included families and seniors who are behind in their utility payments, have a low or empty oil tank, received a disconnection notice, and/or demonstrate financial hardship.

"The National Grid Foundation shares National Grid's deep concern about the pressure that recent freezing temperatures, and rising living costs are placing on families," said Dr. Robert Simmons, Executive Director, National Grid Foundation. "The National Grid Foundation's partnership with United Way of Long Island provides a fuel-neutral grant that covers all heating sources. This support will help those who need it most by offering access to emergency assistance to keep families safe and warm while connecting them to long-term affordability and efficiency resources."

"We are experiencing unprecedented cold and keeping Long Islanders warm and safe is critical. This has been the coldest stretch our region has seen in more than 40 years, and extreme weather like this hits our most vulnerable neighbors the hardest. Programs like Project Warmth



are a vital safety net, providing immediate help to families and seniors who need it most. That's why we are proud to support Project Warmth—because no one should have to choose between heat and safety.” – Aaron Choo, Vice President Gas Network Operations, National Grid and Board Chair of United Way of Long Island.

Long Islanders like Victoria received a one-time grant to help pay for her home heating costs. “I am a retired senior living on a fixed income. This winter has been cold, and heating costs have continued to rise. I was out of oil and beginning to panic, unsure how I would pay my next bill. A friend of mine connected me with United Way of Long Island and Project Warmth. Project Warmth was able to alleviate a huge burden and the anxiety I was feeling.”

“The National Grid Foundation has not only reached a significant milestone in its own journey but will also help us keep over 2,000 families safe and warm,” said Theresa A. Regnante, President & CEO, United Way of Long Island. “The foundation’s visionary approach to philanthropy continues to inspire and set a precedent for others to follow.”



2025/2026 PROJECT WARMTH REPORT



Families Served



Children Impacted



Seniors Impacted



Adults Impacted



Thank You to All Our Supporters

Signature Supporters



Sustaining Supporters*

- BOMA Long Island • Braemar Shipbroking • Carbo Industries • Clifford & Randi Lane Foundation • Esquire Bank • Eversource • Hagedorn Fund (NY Comm. Trust) • Hart Home Comfort • Jones Fund • Judith & Paul Hochhauser Foundation • Haugland Group • Island Outreach Foundation • Island Transportation • LIPA • M&T Bank • New York State Energy Coalition • Ørsted • PETRO • Swezey Fuel • Treiber Family Fund • Vane Line Bunkering

Media Supporters: Newsday • Long Island Business News • Long Island Press • * Supporters of \$2,500 and up.



UNITED WAY
Long Island

Recognizing Big Impact from Small Business

Small Business Champion Awards

This year our event will include the recognition of the Small Business Community across Long Island. These awards will recognize businesses that demonstrate a strong commitment to community involvement and social impact. Nominees must have fewer than 100 employees.

**Deadline for Submissions:
April 30, 2026**



Nominate a Champion,
use the QR Code to submit

For more information please contact Stephen Lyne
at SLyne@unitedwayli.org or 631.940.6225



We were proud to welcome New York Power Authority to our E3SmartLab and meet the Workforce Development Training Academy PowerUp! cohort! Thank you, NYPA, for investing in the next generation of green talent on Long Island.

View the United Way of Long Island & NYPA Workforce Development Video at: <https://www.youtube.com/watch?v=rk1TqxVawAs>





Department of Labor

The green economy is saving New Yorkers money and sparking a surge of new career opportunities statewide.

Commissioner Reardon takes you behind the scenes to get a look at @unitedwayli's role in the clean energy sector. Thinking about starting a career in green energy?



View the NYS Department of Labor visit to United Way video:

https://www.instagram.com/reel/DVYurVTjdVJ/?utm_source=ig_web_button_share_sheet



We
WELCOME
VOLUNTEERS
to Spend a Day at The Beach



**Bring your company or group to the beach
and help Long Island Veterans.**

When you volunteer through United Way's Mission United initiative,
you're giving back so veterans can get ahead.
Join our community of game changers!



Volunteer Shifts
Monday, July 6th • 8am – 3pm
Raindate: Sunday, July 5th

**Contact Stephen 631.940.6225 or SLyne@unitedwayli.org
unitedwayli.org/missionunited**



As the biggest and boldest marathon in the world, the TCS New York City Marathon brings athletes from all 50 states and 153 different countries to the same 26.2-mile course.

For the 10th consecutive year, United Way of Long Island has been selected as a TCS New York City Marathon Charity Partner. Since 2016, Team Mission United has raised more than \$292,000 in support of U.S. military veterans and their families on Long Island.

By supporting Team Mission United, you're helping to provide services and resources in career training, employment assistance and emergency financial aid to veterans and their families. The need for these services is particularly significant on Long Island as there are more than 80,000 veterans living in our communities.



Support Long Island Veterans



We have
15 Runners
running on
November 2
2026



Team Mission United

2026 TCS New York City Marathon Sponsorships



\$10,000 Finish Line Champion

- Exclusive Presenting Sponsor – TMU Presented by [Your Company]
- Premier logo placement on marathon team shirts (largest and most prominent)
- Recognition in press releases, social media, website, and event materials as the top-tier sponsor
- Company feature in a United Way Headlines
- Dedicated social media highlighting sponsor's commitment to veterans
- Company logo on the United Way Mission United webpage
- Logo on Race Day signs
- Recognition in post-event thank-you

\$2,500 Mile Marker

- Logo on team shirts (second-tier placement)
- Company name in press releases, flyers, and social media posts
- Shout-out on social media and in a United Way newsletter
- Company name on the Mission United webpage
- Recognition in post-event thank-you

\$5,000 Marathon Medalist

- Premier logo placement on marathon team shirts
- Recognition as Presenting Sponsor in all marketing materials (flyers, press releases, social media, and website)
- Featured company spotlight in a United Way newsletter
- Dedicated social media post thanking the sponsor
- Company logo on the United Way Mission United webpage
- Recognition in post-event thank-you

\$1,500 Hydration Station

- Company logo on team shirts (third-tier placement)
- Name listed on event materials and social media posts
- Recognition on the United Way website

\$1,000 Pace Setting

- Name on team shirts
- Name included in event promotions and social media
- Recognition on the United Way website

\$500 Starting Line

- Acknowledgment in event promotions
- Name included in a group social media post thanking sponsors
- Recognition on the United Way website



For sponsorships use the QR Code or visit www.unitedwayli.org/TMUsponsorships

Programs

POWERUP!

GREEN BUILDING & RENEWABLE ENERGY TECHNOLOGY



United Way of Long Island’s workforce development initiatives create a pipeline of skilled workers to meet the needs of today’s construction, clean energy employers and labor unions while modernizing our infrastructure to provide alternative and affordable energy solutions for everyone.

The second PowerUp! session for 2026 started April 20 with the Spanish language classes also scheduled to begin later in 2026 through a grant from the New York’s Department of State under the LUCHA Grant Initiative.

TURNING WORKFORCE TRAINING INTO REAL WORKFORCE OUTCOMES





Stuff-A-Bus



The Success of Our Students... Starts With YOU!

When a student walks into the classroom with the tools to succeed, they can focus on what really matters – learning! Help us Stuff-A-Bus and provide essential school supplies to Long Island students.

For more information contact our Community Impact department at 631.940.3700 or visit unitedwayli.org/stuffabus

Drop Off Dates
August 3 -August 14

Special Thanks to
Our Lead Supporter



Valedictorian



Hall of Fame



We need your help collecting the following school supplies:

- Backpacks • Lunch Boxes
- Pocket Folders • Highlighters
- Washable Markers • Scissors
- Marble Composition Notebooks
- Erasers • Crayons • Pencils
- Pencil Case (Holders) • Rulers
- Index Cards • Glue • Glue Sticks
- Sticky Notes • Hand Wipes
- Colored Pencils
- Pens

School items collected by individuals or companies can be delivered by August 14 to:
United Way of Long Island, 819 Grand Boulevard, Deer Park (Next to Tanger Outlets Deer Park).
Drop-Off Hours: Monday - Thursday 10am - 5pm

Your Sponsorship Provides Backpacks Filled with School Supplies for Children in Need on Long Island

\$5,000 Valedictorian

- Custom Stuff-A-Bus experience for you or your company
- Premier Logo Placement on Collection Boxes
- Recognized in Sponsor Highlight
- Check Presentation Photo-Op
- Recognized in Stuff-A-Bus Press Release
- Recognized on Social Media (Logo)
- Recognized on Stuff-A-Bus Banner
- Recognized on Event Website

\$2,500 Principal

- Custom Stuff-A-Bus experience for you or your company
- Company Name on Collection Boxes
- Recognized in Sponsor Highlight
- Check Presentation Photo-Op
- Recognized in Stuff-A-Bus Press Release
- Recognized on Social Media (Logo)
- Recognized on Stuff-A-Bus Banner
- Recognized on Event Website

\$1,000 Hall of Fame

- Recognized in Sponsor Highlight
- Check Presentation Photo-Op
- Recognized in Stuff-A-Bus Press Release
- Recognized on Social Media (Logo)
- Recognized on Stuff-A-Bus Banner
- Recognized on Event Website

\$500 Honor Roll

- Check Presentation Photo-Op
- Recognized in Stuff-A-Bus Press Release
- Recognized on Social Media (Logo)
- Recognized on Stuff-A-Bus Banner & Boxes
- Recognized on Event Website

\$250 Scholar

- Recognized in Stuff-A-Bus Press Release
- Recognized on Social Media (name)
- Recognized on Stuff-A-Bus Banner
- Recognized on Event Website

\$100 Rising Star

- Recognized on Stuff-A-Bus Banner
- Recognized on Event Website

\$50 Friend

- Recognized on Event Website



For sponsorship contributions use the QR Code or visit www.unitedwayli.org/SABsponsorships

**For more information contact Community Impact at 631.940.3700
or visit unitedwayli.org/stuffabus**

Engagement Activities



On March 19th, Women United hosted its second volunteer event in partnership with Moxxie Mentoring Foundation, Girl Scouts of Nassau County, Girl Scouts of Suffolk County and Girls Inc. of Long Island.

Together, 60 passionate women and several inspiring young ladies came together to discuss mentorship and leadership and to create 200 personal care kits for young women and girls across Long Island. It was an evening brought women together to learn, grow and make a difference.

We are deeply grateful to every volunteer and supporter who made this possible. Even if you couldn't attend, your commitment fuels these impactful events.

Thanks to our generous partners, the cost of this event was equivalent to just one annual new membership. This a powerful reminder of how far your support goes.



March 26th at UBS Arena was

YOUNG PROFESSIONALS NETWORK NIGHT

Supporting Veterans with Housing and Food Emergency Services



VS.



Thank you to everyone who joined us for an unforgettable evening at the Islanders game in support of Mission United. It was incredible to see our community come together, network, cheer on the New York Islanders, and make a meaningful impact for veterans and their families.

With over \$6000 in support, we continue to advance the work of Mission United, ensuring those who have served our country have access to the resources and opportunities they deserve.

We're so grateful to have such a passionate and engaged Young Professionals Network. Events like this are a reminder of the power of coming together for a shared purpose, and the Islanders won the game!



Media Coverage



Celebrating Women United for Impact



As we celebrate International Women's Month we honor all those in our communities who make a difference, create advancements, and make the world a better place each and every day for the thousands of girls, young women, adults and seniors across Long Island. When women come together anything is possible. Come join us!

www.unitedwayli.org/womenunited



If you need assistance you can access support services and resources through 211 Long Island - a free, non-emergency information service that connects Long Island residents to health and human resources, in Nassau and Suffolk Counties or visit: 211LI.org





// **211 was there for me at my lowest moment. One phone call connected me to the help I needed and reminded me I wasn't alone.** //



ALICE is an acronym for Asset Limited, Income Constrained, Employed, and represents the growing number of families who are unable to afford the basics of housing, food, child care, health care, technology, and transportation. These workers often struggle to keep their own households from financial ruin, while keeping our local economies running.



Just dial 2-1-1 or visit 211longisland.org.
Outside of Nassau and Suffolk Counties,
dial 888-774-7633.

Connecting You... When You Need Us Most

When you find yourself struggling, the last thing you want to do is dig through a mountain of resources to get the help you need.

United Way of Long Island's 2-1-1 is the 24/7 go-to resource for information, assistance, and referrals to local services as quickly as possible.

Every day, we connect people to resources in the communities where they live. **Call, text, click, connect!**

United Way's 211 Call Center is a 24/7/365 non-emergency information resource, helping Long Islanders with free, comprehensive connections to over 10,000 essential services. For more information visit 211LongIsland.org or call 2-1-1 or text 898-211.





"Project Warmth gave me peace of mind during one of the hardest moments of my life," said Yvonne.



Help Us Be A Lifeline This Winter

Yvonne, a hardworking bus driver was doing everything right when unexpected challenges forced her to choose between buying groceries and keeping her home heated this winter.

One out of three working families can't afford their basic needs. Together, we can help. Give the gift of warmth. Support Project Warmth Today!

www.unitedwayli.org/projectwarmth

Project Warmth is made possible in part by signature grants from National Grid Foundation, PSEG Long Island, Northville Industries, and National Grid.



If you need assistance you can access support services and resources through 211 Long Island - a free, non-emergency information service that connects Long Island residents to health and human resources, in Nassau and Suffolk Counties or visit: 211LI.org





Comfort Height Toilet and Grab Bar Installations



With the help of the

Older Adult Home Modification Program

Long Islanders can safely stay in their homes

Many older adults want to stay in their homes as they age. The good news is that with **United Way of Long Island's Older Adult Home Modification Program**, there's help to do just that. If you're over 62, learn how qualified seniors in Nassau and Suffolk Counties can apply. This free program includes:

- **Accessibility and Fall Protection Modifications**
- **Healthy Home Evaluation**
- **Home Safety Adjustments and Minor Repairs**



For more information contact us at 631.940.3721, use the QR Code, or visit: unitedwayli.org/OAHM

The Older Adult Home Modification Program is supported in part by The Harry and Jeanette Weinberg Foundation



If you need assistance you can access support services and resources through 211 Long Island - a free, non-emergency information service that connects Long Island residents to health and human resources, in Nassau and Suffolk Counties or visit: 211LI.org



Regnante: Long island families face winter heating costs amid community support

Theresa Regnante // April 9, 2026 // 2 Minute Read

X f in P ✉

The Blueprint:

- National Grid Foundation grants \$600,000 to Project Warmth
- Project Warmth aids 2,500 families across Nassau and Suffolk
- 354,716 households on Long Island live below survival budget
- United Way of Long Island leads emergency heating assistance

Two months of bitter cold this winter put Long Island's energy system to the test. While policymakers and utilities focused on pipelines and power plants, thousands of families quietly faced a different kind of stress test – whether they could afford to keep the heat on.

For households living on a survival budget – earning above the federal poverty level but not enough to cover basic essentials like housing food, and transportation – the cost of heating a home during prolonged freezing temperatures can quickly become overwhelming. Every cold snap forced families to make impossible choices: Keep the heat running, buy groceries, fill a prescription, or cover rent.

According to the 2025 ALICE Report, a "Household Survival Budget" – the bare minimum income needed to afford essentials – is \$141,568 in Nassau County and \$124,045 in Suffolk County for a family with two adults and two young children. A single adult on Long Island needs about \$46,408 per year just to cover basic costs.

These figures translate into a staggering reality: About 354,716 households on Long Island – roughly one in three – earn less than what's needed to live and work here.

That means many of our neighbors in all zip codes on Long Island live on a tight survival budget, working hard yet still unable to afford the basics – let alone unexpected expenses such as a high heating bill in a deep freeze.

This winter saw record energy usage on Long Island, as day after day of arctic temperatures and major snowfall blasted residents, forcing them inside and their thermostats up.

Long Island didn't just dodge a bullet because the lights stayed on – it did so because the community stepped up.

An extraordinary outpouring of support from philanthropic partners and corporate leaders helped ensure that vulnerable neighbors were not left in the cold. Among the most significant contributions was a \$600,000 grant from the National Grid Foundation, bolstering Project Warmth, United Way of Long Island's emergency heating assistance program.

National Grid's workforce kept the lights on the heat pumping and also offered important financial support to customers they serve, including thousands of households crushed by rising inflation and the cost of living.

United Way of Long Island is deeply grateful for National Grid's investment in energy affordability and emergency support, which helped impact 2,500 families and seniors across Nassau and Suffolk counties this past winter – ensuring they had the resources to keep heat flowing during record winter lows.

Programs like Project Warmth serve as a critical safety net for households living on a survival budget. By providing direct financial assistance for heating bills and working with energy providers, Project Warmth helps keep families and seniors on fixed incomes safe and supports stability when the unexpected hits.

The need on Long Island remains real and growing, and thousands of households are just one unexpected expense away from hardship.

As we plan for the future, continued partnerships between community organizations, individual donors and philanthropic leaders like National Grid will be essential – not only to keep families warm, but to help all Long Islanders thrive.

Because keeping families warm isn't just about energy.

It's about community.

Theresa Regnante is the president and CEO of United Way of Long Island.



Courtesy of the Longshore Association

New roundtable aims to foster LI workforce, meet employer needs

Alina Gem // March 11, 2026 // 3 Minute Read



▶ Listen to this article

The Blueprint:

- The Long Island Workforce Development Roundtable formed by LIA and the [Institute for Workforce Advancement](#) in late 2025.
- Co-chaired by [Stacey Sikes](#) of LIA and [Phil Rugile](#) of the Institute for Workforce Advancement.
- Supported by funding from JPMorgan Chase and [The New York Community Trust-Long Island](#).
- The roundtable aims to develop an action plan and [pilot programs](#) focusing on [transferable skills](#) for Long Island's workforce.

Aiming to foster the region's long-term workforce, the [Long Island Association](#) (LIA) and the Institute for Workforce Advancement have formed the Long Island Workforce Development Roundtable. Co-chaired by Stacey Sikes, acting president and CEO of LIA, and Phil Rugile, president of the Institute for Workforce Advancement, the initiative is supported by funding from JPMorgan Chase and The New York Community Trust-Long Island.

The roundtable brings together leaders from across sectors, including employers, educational institutions, [workforce training providers](#), community organizations, labor, government and social service agencies. Their goal is to create an action plan and pilot programs to bolster and sustain Long Island's workforce that meets the region's evolving needs.

Alan Petrilli, Long Island regional manager of J.P. Morgan Commercial Banking, said the bank was "proud" to help foster this effort.

"By supporting workers in gaining the skills for well-paying jobs right here at home, and connecting businesses with top local talent, we're investing in the region's collective strength," Petrilli said in a news release about the initiative. "Together, we're building an ecosystem where opportunity and success are shared – and where Long Island's vision for growth becomes a sustained, consistent reality."

"Through our work with local nonprofits, employers and community leaders, The New York Community Trust's Long Island office heard a clear message: Our region needs a more coordinated, skills-focused approach to workforce development," David Okon, vice president of The New York Community Trust-Long Island, said in the news release.

"Launching this roundtable was a natural response," he added. "By centering transferable skills and aligning training with community needs, we can open meaningful career pathways for residents while strengthening Long Island's economic foundation. We're grateful to partner with so many committed leaders dedicated to expanding opportunity for all."

Since its initial meetings in late 2025, and with participants finalized earlier this month, the roundtable is focusing on pinpointing the most in-demand skills that can open career paths in high-growth industries. This month marked the public kick-off. Later this spring, the group aims to develop and then release its action plan, and launch a pilot program during the summer.

By providing both training and hands-on experience, the initiative seeks to prepare Long Islanders for well-paying jobs while aligning workforce capabilities with the evolving priorities of local businesses and the regional economy.

To support these efforts, James Lima Planning + Development, a planning and advisory firm, and the Regional Plan Association, a [nonprofit](#) regional planning and research organization, are conducting interviews with stakeholders across Long Island. The research is intended to shape the action plan and identify potential pilot programs to develop specific workforce skills.

Sikes described the effort as a "data-informed initiative to cultivate a robust workforce talent pipeline for our region's business community."

She emphasized the importance of communication, and said in the news release that with JPMorgan Chase and The New York Community Trust-Long Island's support, "the cross-sector input during the Workforce Development Roundtable process will advance an action plan that is focused on results."

Rugile said in the news release that he is "very hopeful that the approach this roundtable has taken to focus on transferable skills, not industry segments, will be a game changer for employability for individuals, and provide expanded hiring options for employers. The output from this effort, a training template created through collaboration, will be repeatable and scalable regardless of industry."

Roundtable participants are leaders from the Town of Hempstead, [Island Harvest Food Bank](#), Eastern Suffolk BOCES, D'Addario & Company, Nassau BOCES, Haugland Group, Long Island Manufacturing Extension Partnership at Stony Brook, Brentwood School District, St. Joseph's University, Minority Millennials, Long Island Clean Energy Hub, Advanced Energy Research and Technology Center at SUNY Stony Brook, Opportunities Long Island, [United Way of Long Island](#) and National Grid.

LONG ISLAND PRESS

March & April 2026

PRESS BUSINESS

MOVERS & SHAKERS

New Hires, Promotions

AARON CHOO

Choo has been elected board chair of United Way of Long Island. Choo, a board member since 2022, is vice president of downstate New York gas field operations and programs at National Grid, where he oversees operations serving 1.9 million customers and supports clean energy initiatives.



JAIME STOJANOWSKI

Stojanowski has been named chair-elect of United Way of Long Island. Stojanowski, a board member for two years, is consumer division executive for Bank of America, overseeing the Northeast region and leading strategic growth and operations across more than 1,000 financial centers.



BRIAN BEEDENBENDER

Brian Beedenbender has joined the United Way of Long Island Board of Directors. Beedenbender is vice president of sales at Teq, where he supports educational technology initiatives, and previously served as a Suffolk County legislator. He also serves on the Suffolk County Industrial Development Agency Board.



SEEMA BHANSALI

Seema Bhansali has joined the United Way of Long Island Board of Directors. Bhansali is principal at evolveEQ Strategies, advising executives on strategy, leadership and organizational performance, and previously held a senior leadership role at Henry Schein Inc.



Send submissions to tbolger@longislandpress.com

KISHORE KUNCHAM

Kuncham has joined the United Way of Long Island Board of Directors. A longtime Long Island educator and former superintendent of Freeport Public Schools, Dr. Kuncham has led transformative initiatives in academics, arts, athletics, and wellness programs.



SANDRA L. LINDSAY

Lindsay has joined the United Way of Long Island Board of Directors. She is a globally recognized nurse and healthcare leader, Vice President of Public Health Advocacy at Northwell Health, and a Presidential Medal of Freedom recipient. She has championed public health initiatives locally and internationally, including women's health missions in Jamaica.



RICK REUSTLE

Reustle has joined the United Way of Long Island Board of Directors. A Long Island-based banking executive, Reustle serves as Executive Vice President and Retail Market Manager for M&T Bank, overseeing hundreds of employees and thousands of business and retail customers across the region.



STACEY SIKES

Sikes has joined the United Way of Long Island Board of Directors. A native Long Islander, Sikes is Vice President of Government Affairs and Communications at the Long Island Association, advocating for regional business interests.



Send submissions to tbolger@longislandpress.com



FourLeaf Federal Credit Union Celebrates Women's History Month with Community-Wide Volunteer Initiatives Supporting Women and Families Across Long Island

By: FourLeaf Federal Credit Union Via Business Wire

March 31, 2026 at 11:16 AM EDT

In honor of Women's History Month, FourLeaf Federal Credit Union is proud to announce a series of impactful, community-driven volunteer initiatives supporting women and families across Long Island. Through hands-on service, FourLeaf employees are partnering with local organizations to provide essential resources, comfort, and care to those who need it most.

This press release features multimedia. View the full release here: <https://www.businesswire.com/news/home/20260331839308/en/>



Throughout the month, FourLeaf team members volunteered their time to support organizations focused on health, housing stability, and education, demonstrating the credit union's deep commitment to uplifting women and strengthening communities.

"At FourLeaf, we believe that empowering women strengthens entire communities," said Katie Bielawski, Vice President of Community & Corporate Engagement for FourLeaf. "Women's History Month is an important opportunity to not only recognize the achievements of women, but to take meaningful action in supporting their health, well-being, and future."

Supporting Women's Health & Wellness

FourLeaf volunteers partnered with West Islip Breast Cancer Coalition for Long Island (WIBCC), a nonprofit dedicated to reducing the incidence and severity of breast and gynecological cancers through education, prevention, and early detection. Volunteers purchased, assembled and prepared patient tote bags filled with essential items for individuals undergoing treatment. These bags will be distributed to local hospitals, providing comfort and practical support during a critical time.

Helping Families Facing Housing Insecurity

In collaboration with Bethany House, FourLeaf employees assembled snack bags for children living in shelters. Bethany House provides a safe haven for women and children experiencing homelessness, offering trauma-informed support and pathways toward long-term stability. The snack bags, filled with juice boxes, pretzels, chips, cookies, and fruit snacks, will support children ranging from infants to teens living in Bethany House's six Long Island locations.

Addressing Period Poverty

FourLeaf also partnered with United Way of Long Island and the Alliance for Period Supplies to combat period poverty. Volunteers assembled period kits containing essential hygiene products such as pads, tampons, and liners. These kits will be distributed to women and girls in need, helping ensure access to basic necessities that are critical to maintaining dignity, health, and participation in school and work.

Supporting Early Childhood Education

Additionally, FourLeaf volunteers spent time reading to nursery students through Family & Children's Association. The program serves children ages three to five, many of whom are English language learners. This initiative supports early literacy while fostering a nurturing and inclusive learning environment for young children from diverse backgrounds.

These initiatives reflect FourLeaf's ongoing mission to give back in meaningful ways while supporting organizations that are making a tangible difference in the lives of women and families throughout the region.

"By partnering with these incredible organizations, we're able to extend our impact beyond financial services and into the everyday lives of our neighbors," added Bielawski. "This is what community means to us."

For more information about FourLeaf Federal Credit Union and its community initiatives, click [here](#).



Local Groups Form Workforce Development Roundtable

March 13, 2026 Hank Russell Business Comments Off



Purpose is to Develop an Action Plan on Long Island

The Long Island Association (LIA) and Institute for Workforce Advancement have partnered to form the Long Island Workforce Development Roundtable. The roundtable will be co-chaired by Stacey Sikes, acting president and CEO of the Long Island Association, and Phil Rugle, president of the Institute for Workforce Advancement, and is supported by funds from JPMorganChase and The New York Community Trust-Long Island.

Together, the cross-sector group of leaders — including employers, educational institutions, workforce training providers, community-based organizations, organized labor, government, and social services providers — will develop an action plan and pilot a new workforce program that helps strengthen Long Island's workforce long-term.

The roundtable, which first began meeting in late 2025 and finalized its participants this month, will focus on identifying the highest-in-demand skills that will open career pathways for Long Islanders in various high-growth industries. By equipping individuals with the skills and hands-on experience needed to move directly into well-paying jobs, the roundtable will also help build a workforce that meets the evolving needs of Long Island's businesses and economy.

Additionally, the research and planning team of James Lima Planning + Development (JLP+D) and the Regional Plan Association (RPA) have been engaging in interviews with various stakeholders, including industry representatives, across the Long Island region to inform the development of the Action Plan. This has allowed the research team to identify potential pilot programs focused on developing specific skills for Long Island's workforce.

The members are as follows:

- Filzabeth Ajsh, workforce development planner for the Town of Hempstead Department of Occupational Resources
- Sol-Marie Alfonso Jones, the senior program director of The New York Community Trust
- Maria Arianas, the chief workforce development officer of Island Harvest Food Bank
- Leah Arnold, director of Eastern Suffolk BOCES
- John D'Addario, CEO of D'Addario & Company, Inc.
- Peter Dalton, workforce development coordinator of Nassau BOCES
- Rosalie Drago, community economic and workforce development manager of the Haugland Group
- Amy Erickson, interim center director of the Long Island Manufacturing Extension Partnership at Stony Brook
- Liz Gallo, chief executive officer of WhyMaker
- Rebecca Grella, K-12 coordinator of science and technology of the Brentwood Union Free School District
- Robert Kufner, president and CEO of Designtronics Inc.
- Gail Lamberta, associate dean of community development, professor and chair of St Joseph's University
- Dan Lloyd, founder and president of Minority Millennials
- Chad Manin, clean energy workforce development manager of the Advanced Energy Research and Technology Center at SUNY Stony Brook
- Derek O'Connor, workforce development manager of the Advanced Energy Research and Technology Center at SUNY Stony Brook
- Erica Rethner, director of Opportunities Long Island
- Theresa Regnante, president and CEO of United Way of Long Island
- Brian Sapp, director of external affairs at National Grid

"At JPMorganChase, we're proud to help power Long Island's workforce through true partnership," said Alan Petmill, Long Island regional manager at J.P. Morgan Commercial Banking. "By supporting workers in gaining the skills for well-paying jobs right here at home, and connecting businesses with top local talent, we're investing in the region's collective strength. Together, we're building an ecosystem where opportunity and success are shared—and where Long Island's vision for growth becomes a sustained, consistent reality."

"Through our work with local nonprofits, employers, and community leaders, The New York Community Trust's Long Island office heard a clear message: our region needs a more coordinated, skills-focused approach to workforce development," said David M. Oxom, vice president of The New York Community Trust-Long Island. "Launching this Roundtable was a natural response. By centering transferable skills and aligning training with community needs, we can open meaningful career pathways for residents while strengthening Long Island's economic foundation. We're grateful to partner with so many committed leaders dedicated to expanding opportunity for all."

"The LIA is proud to be a part of this data-informed initiative to cultivate a robust workforce talent pipeline for our region's business community," Sikes said. "Communication is key, and through the support of JPMorgan Chase and The New York Community Trust-Long Island, the cross-sector input during the Workforce Development Roundtable process will advance an action plan that is focused on results."

"I am very hopeful that the approach this roundtable has taken to focus on transferable skills, not industry segments, will be a game changer for employability for individuals, and provide expanded hiring options for employers," Rugle said. "The output, from this effort, a training template created through collaboration, will be repeatable and scalable, regardless of industry."

"Long Island's economic strength depends on ensuring that opportunity is accessible to everyone who wants to participate in our workforce," said Cara Longworth, regional director of the Long Island office of Empire State Development. "The Long Island Workforce Development Roundtable brings together leaders across industry, education, and government to better understand the transferable skills employers need and to connect more New Yorkers to good-paying careers. By working collaboratively, we can help open doors for individuals entering or re-entering the workforce while supporting the continued growth of Long Island's key industries."

"Long Island has a lot of things going for it — dedicated employers, growing industry sectors, and hardworking residents," said Moses Gates, vice president for Housing and Neighborhood Planning at RPA. "By identifying and providing the skills needed to access good jobs in multiple industries, we can make sure that Long Island residents have pathways to steady careers, and employers have the workforce they need to be competitive."

"As the economic landscape changes rapidly with new technology, international and regional competitions, and demographic shifts, it is more important than ever to expand access to opportunities in an equitable and effective way," said James F. Lima, president of JLP+D. "This effort will leverage the collective wisdom of those who know Long Island best and care deeply about the communities — employers, labor, educational institutions, and nonprofit partners. By combining these localized insights with innovative practices, we can deliver an Action Plan that creates clear, sustainable pathways to high-growth careers for all Long Islanders."

The timeline for the Workforce Development Roundtable is as follows:

- **Fall 2025** — first convening of the LI Workforce Roundtable; initial research with employers and refining roundtable members and database of key transferable skills
- **March 2026** — Public kick-off
- **Spring 2026** — reconvening the roundtable to develop Action Plan drafts and Action Plan release
- **Summer 2026** — pilot program launch

SOLUTIONS

What Prison Taught Me About Leading in Crisis

YouthBuild Global CEO John Valverde spent 16 years in prison. The experience shaped how he leads a nonprofit through high-stakes, unstable conditions.

By John Valverde
Contributor



Philanthropy Today
The Chronicle of Philanthropy

Every leader faces moments that test one's ability to remain steady under pressure — and they wear away with instructions for what to do next.

As a young man, I experienced a personal setback that was extreme and defining. I went to prison after making a decision rooted in rage and grief. At 20 years old, overcome by anger and a misplaced sense of justice, I attacked the wrong friends and a 16-year-old girl. I ended up with a 15-year sentence that would keep me there for most of my young adulthood.

I didn't fully know it, but the next 16 years of my life would be a time of near-constant uncertainty, danger, challenge — and opportunity. It turned out to be my training ground for nonprofit leadership.

When I was released in 2008, I came home determined to build a life — and help build organizations that make a tangible difference in the lives of others. Today, I lead a global, nonprofit-based in the United States that supports at-risk, out-of-work young people on the path to education, job training, and success.

This work is complex, the stakes are high, and the conditions are rarely stable. I am not wrong; the same is true for many organizations in our industry.

Here's what I've learned throughout my life and career about leading with strength when the odds are impossible — and why those lessons matter for nonprofit executives.

Serious leadership starts with accepting reality.

Denial is dangerous. You cannot negotiate with facts, and you cannot build a future by pretending circumstances are different from they are. Work within the truth of your situation.

From the beginning of my prison sentence, I made a choice that would define everything that followed: I would not minimize what I had done, and I would not spend my life trying to outrun it. I accepted responsibility without excuses and committed myself to making amends.

“Radical honesty is imperative: acknowledging what your budget can actually support, what your team can reasonably carry, and what your external environment will tolerate.”

Organizations falter when leaders soften hard truths or overpromise certainty they cannot deliver. Radical honesty is imperative: acknowledging what your budget can actually support, what your team can reasonably carry, and what your external environment will tolerate — whether or not those limits are convenient.

Accepting reality does not mean lowering your standards. It means setting honest expectations rooted in the conditions your team is actually working in. When decisions are tough to swallow, explain your reasoning and hold yourself to the same standards you expect of others.

Smart leaders prepare for every scenario far ahead of time, before the pressure rises. So build plans — lots of them — that take setbacks into account. And never let high emotions harm the relationships you have with your team. Those are some of the most valuable assets you have.

Long-term change requires long-term thinking.

Prison forced me to think in years — not days, not weeks, or even months. It taught me that progress rarely comes from sudden breakthroughs. It comes from discipline, routine, and sustained effort under constraint.

My prison experience changed when I finally stopped focusing on legal appeals or changes in policy as my way to get home sooner. I embraced the worst-case scenario for my particular sentence and freed myself up to focus on being the person I wanted to be.

When you are looking down a long road, urgency is not always your friend. What truly sustains a leader is clear direction based on values, and the grit to do unglamorous work over time. It's sheer commitment.

“Measure progress in skills built, not just outcomes achieved.”

Measure progress in skills built, not just outcomes achieved. Long-term problems demand patience and the courage to stay focused when progress feels slow. Think of it as a strategic plan for yourself as an individual, not just for your organization.

For executives, this often requires protecting core work from constant pivots, or resisting the urge to overcorrect based on short-term signals. Maintaining the right culture, for example, is vital. Stick with the vision. And remember: Communicate repeatedly to various stakeholders, about why the long view matters. Look ahead five or 10 years and ground yourself in what will still be true — what needs will surely still exist, and how can you align your organization to meet them?

Be a perpetual student.

Education is survival. I studied because learning expanded my sense of possibility and equipped me with the tools I would need long before I knew exactly why I would need them.

Inside prison, I taught fellow inmates to read and write and helped them access high-school equivalency instruction and programs that offered alternatives to violence. I developed a project that provides college-level certificates in ministry and human services to the incarcerated, and I co-founded the first privately funded and accredited college program in New York's prisons.

While serving my sentence, I came to realize that in order to survive — both inside and out, during and after — my life's mission must be to open doors of opportunity for those who need it.



Effective leaders remain students of their work, their teams, and themselves. They seek out perspectives that challenge their assumptions, spend time with people closest to the work, and treat lived experience as seriously as formal expertise. They invite feedback and reflect on failure — especially their own — as carefully as they celebrate success. Leaders who stop learning become disconnected from the realities on the ground.

Staying reflective and willing to adapt is a responsibility. It requires carving out time to listen, read, ask hard questions, and change course when the evidence demands it.

My dedicated morning routine, for instance, started in prison and continues to this day. It includes a spiritual reading, a learning lesson (on a business concept, for example), meditation, and journaling. It is dedicated time for myself, which sharpens the strategic thinking I need for the rest of the day.

Your vulnerability is your strength.

Suppressing your fear or uncertainty does not make those feelings disappear — it just makes them harder to manage. And when you're leading a social-change organization, it's vital that you share your humanity with your team and give them permission to bring their full selves to work.

Encourage your team to share their worries, but also make sure there's room to share the positives. Talk about your families, the books you're reading, the things that matter outside the office. It clears a path for honest, valuable feedback.

“When connecting with my CEO peers, I'm reminded of my purpose and that I am not alone.”

There is a phrase I return to often: Everything is happening exactly as it needs to for the highest good. For me, this is not about complacency or passivity. It is a forward-looking discipline. It allows me to stay grounded in moments of disruption, absorb uncertainty without amplifying it, and respond rather than react. Leaders must be able to hold complexity, pain, and ambiguity, then distill it for their teams into clarity and forward motion.

Community sustains me in times of opportunity and challenge. When connecting with my CEO peers, I'm reminded of my purpose and that I am not alone. That gives me courage for the road ahead and valuable perspectives that put much of this effort in context. That grounding makes me a better leader and a more responsible steward of the work.

And in stressful times, do not discount the value of finding community with your team. A foundation of trust undermines you and your staff determines whether people stay engaged, even when the path isn't immediately clear.

When leaders stay true to themselves, commit to growth, and think long term, institutions don't just endure. They do the work they were built to do.

Home > Law & Government > \$10.8M in federal funding secured for Long Island in 2026



\$10.8M in federal funding secured for Long Island in 2026

More than \$10.8 million in federal funding for critical projects on Long Island was secured in the 2026 fiscal year funding package that was signed into law earlier this week.

The funding is aimed at supporting downtown renewal in Copiague, drive research at Cold Spring Harbor Laboratory and foster workforce development as well as support [community projects](#), [environmental initiatives](#) and more.

"From neurodegenerative disease research at Cold Spring Harbor Laboratory, to supporting downtown development in North Hempstead, these funds are boosting projects that will make a difference in the lives of New Yorkers," U.S. Sen. [Chuck Schumer](#) said in a written statement.

"These federal dollars will power real growth across Long Island," U.S. Sen. [Kirsten Gillibrand](#), a member of the Senate Appropriations Committee, said in a written statement. "From financing critical workforce development programs at [United Way of Long Island](#) to supporting the expansion of the YMCA in Patchogue, this money will make a real difference for New Yorkers.

The funding package includes \$3 million for the renovation of the [YMCA of Long Island's](#) Patchogue facility, supporting an expansion and reconfiguration of the branch to add a social wellness space for older adults, community education areas focused on chronic disease prevention and additional childcare classrooms.

Another \$2 million will support research at Cold Spring Harbor Laboratory, where the funding will be used to recruit researchers and advance artificial intelligence applications in neurodegenerative disease research and to purchase specialized equipment for new laboratory operations.

The Village of Hempstead will receive \$2 million for the rehabilitation of Mirschel Park and the development of a new community center. The project includes a full revitalization of the park and the creation of programming for adults, teens and children in the economically distressed community.

The Town of Babylon will receive \$1 million to support downtown renewal efforts in Copiague, with funds intended to help offset economic pressures such as high construction costs and rising interest rates as part of broader revitalization efforts.

The Town of North Hempstead will receive \$1 million for a dock revitalization project, including improvements to the 117,000-square-foot Port Washington-based Town Dock and adjacent Sunset Park to expand public waterfront access and support downtown development, including a public plaza and green infrastructure upgrades.

United Way of Long Island will receive \$750,000 to support the creation of a Construction Training Academy, building on an existing workforce development program that has trained more than 1,000 participants since 2010. The funding will support industry-aligned training and pathways to apprenticeships and employment in the construction and utility sectors.

[Hofstra University](#) will receive \$459,000 for the Long Island Studies Institute to digitize [historical](#) documents and expand access to archival materials.

The Viscardi Center will receive \$400,000 to renovate an existing house into a Community Program Hub that will serve as a teaching lab for students with intellectual and developmental disabilities focused on independent living and workforce readiness.

The Asian American Institute for Research and Engagement will receive \$150,000 to expand capacity for its [mental health](#) clinic program, which connects Asian communities with culturally competent, trauma-informed care providers.

The Citizens Campaign Fund for the Environment will receive \$100,000 to support the Long Island Sound High School Summit, an educational program that engages students and schools in environmental protection and restoration efforts.



ON THE MOVE

- **Aaron Choo** has been elected board chairman. A UWLI board member since 2022, he is vice president of National Grid's downstate New York gas field operations and programs.
- **Jaime Stojanowski** has been elected as chairwoman-elect. A UWLI board member since 2024, she is the Northeast Consumer Division executive for Bank of America.

LONG ISLAND PRESS

Business

National Grid Foundation's \$600k grant to United Way of Long Island's Project Warmth to keep Long Islanders warm

Posted on February 12, 2026



The National Grid Foundation's milestone \$600K grant to United Way of Long Island's Project Warmth is set to keep Long Islanders warm.

Schmepic Media Library

The National Grid Foundation announced on Wednesday, Feb. 11, a \$600,000 milestone grant to Project Warmth, a United Way of Long Island initiative that provides emergency energy assistance to families and seniors struggling to pay their heating bills.

The announcement was made at Choice for All, 55 Mansfield Ave., Roosevelt, where community leaders, nonprofit partners and grant recipients gathered to highlight the growing need for emergency heating assistance amid record cold temperatures and rising living costs.

Project Warmth is Long Island's only non-governmental, island-wide emergency energy fund, helping families avoid heat shutoffs and maintain safe living conditions during the winter months. Since its founding in 1994, Project Warmth has raised more than \$11 million and assisted more than 38,000 households across Nassau and Suffolk counties.

"Recent freezing temperatures and rising living costs are placing enormous pressure on families," said Robert Simmons, executive director of the National Grid Foundation. "This grant will help ensure vulnerable residents can access emergency heating assistance while connecting them to long-term affordability and energy efficiency resources."

According to the 2023 ALICE Report, more than 30 percent of Long Island households struggle to meet basic needs, despite many working one or more jobs. Additionally, one in three households does not earn enough to cover essential expenses, including winter heating.

Aaron Choo, vice president of gas network operations for National Grid and board chair of United Way of Long Island, said Project Warmth serves as a vital safety net for residents facing financial hardship.

Subvención de \$600,000 al «Proyecto Calidez» mantiene seguros y abrigados a habitantes de Long Island

Noticia Long Island

17 febrero 2025



La Fundación National Grid entregó histórica subvención de 600,000 dólares al «Proyecto Calidez» de la organización United Way de Long Island. Foto: Unitedwayli.org

Una subvención histórica de \$600,000 de la Fundación National Grid al «Project Warmth»

En un momento histórico, United Way hace ese anuncio y celebra el extraordinario compromiso de la National Grid Foundation, estableciendo un nuevo estándar para las contribuciones filantrópicas.

Según el último informe ALICE (Activos Limitados, Ingresos Limitados, Empleados) de United Way, más de 354,000 habitantes de Long Island que trabajan arduamente tienen dificultades para cubrir sus necesidades básicas. Una de cada tres familias no gana lo suficiente para llegar a fin de mes ni para calentar sus hogares durante los meses fríos de invierno.

Como el único fondo de emergencia energética no gubernamental de Long Island, a nivel insular, crea una red de seguridad para familias y personas mayores que no pueden pagar su factura de calefacción. El «Project Warmth» ofrece una subvención única para electricidad relacionada con petróleo (oil), gas y combustibles.

Los pagos se realizan directamente a las compañías petroleras y de servicios públicos en nombre de los residentes elegibles que tienen dificultades económicas y han agotado otras opciones. Para las miles de familias que United Way ayuda cada año, la asistencia con el suministro de petróleo o con los atrasos en el pago de servicios públicos les permite cubrir gastos esenciales como alimentos o medicamentos.

Cabe indicar que los residentes de Long Island que buscaban ayuda para mantener la calefacción en sus hogares se abrigaron con abrigos y gorros de invierno para solicitar asistencia durante el «Día de Hogares y Corazones Cálidos» de United Way of Long Island en las oficinas de su agencia comunitaria asociada, Choice For All.

Entre los solicitantes elegibles se encontraban familias y personas mayores atrapadas en el pago de servicios públicos, con el tanque de petróleo (oil) bajo o vacío, que recibieron un aviso de desconexión o que presentan dificultades económicas.

«La Fundación National Grid comparte la profunda preocupación de National Grid por la presión que las recientes temperaturas gélidas y el aumento del costo de la vida están ejerciendo sobre las familias», declaró el Dr. Robert Simmons, Director Ejecutivo de National Grid Foundation.

Noticia

«Programas como el Project Warmth son una red de seguridad vital que brinda ayuda inmediata a las familias y personas mayores que más la necesitan. Por eso nos enorgullece apoyarla, porque nadie debería tener que elegir entre calefacción y seguridad».

«La colaboración de la Fundación National Grid con United Way de Long Island ofrece una subvención sin emisiones de combustible que cubre todas las fuentes de calefacción. Este apoyo ayudará a quienes más lo necesitan, ofreciendo acceso a asistencia de emergencia para mantener a las familias seguras y abrigadas, a la vez que las conecta con recursos de asequibilidad y eficiencia a largo plazo».

«Estamos experimentando un frío sin precedentes, y mantener a los habitantes de Long Island abrigados y seguros es fundamental. Esta ha sido la temporada más fría que nuestra región ha experimentado en más de 40 años, y las condiciones climáticas extremas como esta afectan con mayor dureza a nuestros vecinos más vulnerables», dijo Aaron Choo, Vicepresidente de Operaciones de la Red de Gas de National Grid y Presidente de la Junta Directiva de United Way of Long Island.

Habitantes de Long Island como Victoria recibieron una subvención única para ayudar a cubrir los gastos de calefacción de su hogar. Ella nos comenta, «Soy una persona mayor jubilada que vive con ingresos fijos. Este invierno ha sido frío y el precio de la calefacción ha seguido subiendo. Me quedé sin oil y comencé a entrar en pánico, sin saber cómo pagaría mi próxima factura. Un amigo me puso en contacto con United Way of Long Island y Project Warmth que logró aliviar una gran carga y la ansiedad que sentía».

«La National Grid Foundation no solo ha alcanzado un hito importante en su trayectoria, sino que también nos ayudará a mantener a más de 2000 familias seguras y abrigadas», afirmó Theresa A. Regnante, presidenta y directora ejecutiva de United Way of Long Island. «El enfoque visionario de la fundación hacia la filantropía sigue inspirando y sentando un precedente para otros».

Cabe destacar que desde 1994, el «Project Warmth» ha aportado más de 15 millones de dólares para ayudar a más de 38 000 familias. Es uno de los fondos de combustible no gubernamentales más antiguos del país, y sirve de modelo en todo Estados Unidos. «Proyecto Calidez» está disponible durante los meses de invierno y permanece abierto hasta que se agoten los fondos.

«Project Warmth» trabaja con 18 agencias locales y más de 90 centros parroquiales de extensión que ofrecen servicios de admisión y gestión de casos. El proceso de gestión de casos garantiza que el cliente reciba los servicios necesarios para resolver sus problemas y reducir la necesidad de asistencia futura. El proceso tiene tanto éxito que el 80 % de los clientes de años anteriores no solicitaron asistencia adicional.

La asistencia está disponible a través del centro de llamadas 211 de United Way, disponible las 24 horas, los 7 días de la semana, llamando al 2-1-1. Fuera de los condados de Nassau y Suffolk, llame al 1-888-774-7633; envíe un mensaje de texto al 898-211; visite la web 211li.org; y el enlace unitedwayli.org/projectwarmth.

Temperatures dropped, but your bank account doesn't need to. Here are some ways to save on heat.

Listen • 5:11 Automated narration. [Learn more](#)



Aerial view of homes in Long Beach during Sunday's major snowstorm. Temperatures on Long Island will remain below freezing for the rest of the week. Credit: Jim Staubitser

Newsday

THE LONG ISLAND NEWSPAPER



By **Brianne Ladda**

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Updated January 28, 2024 9:02 am



An [arctic chill](#) has overtaken Long Island in the wake of a winter storm that dropped a foot of snow last Sunday.

The harsh weather has hit at a time when energy costs are skyrocketing. The average monthly energy bill in New York jumped 46.7% between 2022 and 2023, [according to a study by the Century Foundation](#), hitting \$311.18 in June.

This week, the bitter cold on Long Island has led to a 30% increase in calls seeking help from Project Warmth, a financial safety net for families struggling to pay for heat, said Craig Fligstein, chief grant officer at United Way of Long Island.

One out of three households on Long Island struggle to make ends meet, including covering their heating costs during the winter, he said.

WHAT NEWSDAY FOUND

- **As energy bills soar, an arctic chill** has overtaken Long Island in the wake of a winter storm that dropped a foot of snow last weekend.
- **Experts advise conserving energy** through tactics like lowering the thermostat at night and running machines like the dishwasher during off-peak hours for electricity use.
- **Several programs can help Long Islanders** cover fuel costs: they're administered by the state, utility companies and local nonprofits.

This year, that winter bill will likely be around \$1,000, an \$84 increase from the year before, [according to the National Energy Assistance Directors Association](#), with families that rely on electricity and natural gas seeing the largest jump. Prices will likely remain about the same for households that use fuels like heating oil and propane.

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back saves about 3% in expenses, said Michael Voltz, director of energy efficiency and renewables at PSEG.

People can also wear warm clothes inside the house, said Jose Avila, clean energy program coordinator at United Way Long Island.

Opening the curtains during the day will let sunlight in to help warm the house, he added, and closing them at night can help keep heat inside. Similarly, covering the edges around windows and doors can improve insulation.

Here's a few ways Long Islanders can stay warm during the freeze.

Conserve energy

Conserving energy overall will help lower utility bills, experts said.

Families looking to save money can lower the thermostat at night or while they're out. Each degree the thermostat is set

back saves about 3% in expenses, said Michael Voltz, director of energy efficiency and renewables at PSEG.

Families can save money by doing discretionary tasks, like running laundry machines or the dishwasher, outside those hours, he said.

Switching to LED light bulbs is another way to bring energy costs down, Avila said.

AVIP [also advises](#) watching water temperatures, which can suck up a lot of energy, keeping fireplace dampers closed when not in use, and running ceiling fans clockwise to spread warm air.

Families should consider a home energy audit to maximize efficiency, PSEG offers free assessments that involve an expert evaluating insulation levels, heating systems and lighting, among other things, Voltz said.

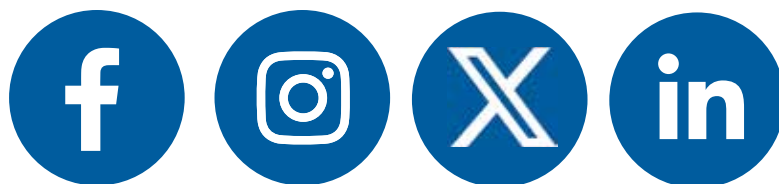
Switching to heat pumps is another way to lower bills long-term, Avila said.

People struggling to cover their heating bills should contact their utility companies to ask about resources or programs that can help, said Brandon Vogel, a spokesman for AARP New York. Local nonprofits and religious groups also often offer help.

Local assistance programs

- On Long Island, United Way offers [Project Warmth](#), a program that will cover up to \$700 in energy expenses for local families, providing checks directly to vendors, Fligstein said. The program is funded by charitable donations, with \$1 million in funding that can support 2,000 families this winter. The assistance is one time per winter, although Fligstein said United Way sometimes re-evaluates on a case-by-case basis. Applicants must fall below 60% the area median income and new clients must have been rejected by the state Home Energy Assistance Program, also known as HEAP.
- National Grid administers a program called [Hope & Warmth](#) through HearShare Human Services. The initiative provides up to \$500 for heat and \$200 for hot water or cooking to customers who fall between 60% and 300% of the area median income, said National Grid spokeswoman Wendy Frigeria.
- The [Energy Affordability Program](#) offers monthly bill discounts to families who qualify for HEAP. Credits for Long Islanders might range from \$3 up to \$116.14, Frigeria said, pointing customers to ngrid.com/eaap for more information.
- The Enhanced Energy Affordability Program offers a \$3 credit to customers between 60% and 80% the area median income, and a \$1 credit to families between 80% and 100% the area median income. Those who make less than 60% the area median income but don't qualify for HEAP can apply for a \$63.76 credit, Frigeria said. Interested customers can learn more at ngrid.com/ny-eaap.
- The New York State Energy Research and Development Authority administers a residential weatherization program called [EmPower+](#) for customers below 80% the area median income, offering a free energy assessment and funding toward improving energy efficiency.

Social Media



United Way of Long Island
 ★ Favorites · March 20 at 2:49 PM

Last night, Women United hosted its second volunteer event in partnership with... [See more](#)



United Way of Long Island
 ★ Favorites · March 4 at 12:47 PM

Join us for an empowering Women's History Month event featuring a dynamic pane... [See more](#)

Celebrating 
WOMEN'S
 History Month

through mentorship, leadership, and collective action
 with

girl scouts of nassau county girl scouts of suffolk county

girls inc. of Long Island Moxie MENTORING FOUNDATION

United Way of Long Island
 ★ Favorites · March 13 at 9:10 AM

Faces of impact. Meet our Young Professionals Network Committee... [See more](#)

YOUNG PROFESSIONALS NETWORK



BRENDAN BATEMAN, CO-CHAIR



United Way of Long Island
 ★ Favorites · March 9 at 1:55 PM

During Women's History Month, we're proud to recognize the incredible women se... [See more](#)





United Way of Long Island
★ Favorites · February 23 · 🌐

When temperatures drop, most of us simply turn up the thermostat to stay warm.... [See more](#)

UNITED WAY
Long Island

**HELP KEEP
OUR NEIGHBORS
WARM
THIS WINTER**

www.unitedwayli.org/projectwarmth

One out of three households on Long Island don't earn enough to make ends meet or heat their homes during the bitter winter months.

**Support
Project
Warmth**



This is an exciting time for the United Way of Long Island's Board of Directors, as we welcome our latest members, congratulate our new chair, and recognize our chair-elect as they step into their leadership roles.

- ★ Aaron Choo, National Grid - Board Chair
- ★ Jaime Stojanowski, Bank of America - Chair Elect
- ★ Stacey Sikes, Long Island Association
- ★ Dr. Kishore Kuncham, Community Volunteer
- ★ Seema Bhansali, evolveEQ Strategies
- ★ Dr. Sandra Lindsay, Northwell Health
- ★ Brian Beedenbender, Teq
- ★ Rick Reustle, M&T Bank

Thank you for your commitment to service and for helping lead our mission forward.



★ Faces of Impact. Meet our Young Professionals Network Committee.

Meet Justin Merk, Co Chair
 Business Development Manager at FourLeaf Federal Credit Union
 Farmingdale State University of New York Graduate

"I love connecting with the business community, and our YPN allows us to do so as well as give back to great initiatives."

YOUNG PROFESSIONALS NETWORK



JUSTIN MERK, CO-CHAIR



February 11th is 2-1-1 day, a reminder that help is just a phone call away. 2-... See more

211 was there for me at my lowest moment. One phone call connected me to the help I needed and reminded me I wasn't alone.



Boost this post to get more reach for United Way of Long Island.

Boost post

This year's Day of Warm Homes & Warm Hearts brought hope and relief to Long Island families and seniors facing the harsh winter months.

Hosted with our community partner Choice for All, the event connected residents in need with emergency heating assistance through Project Warmth, Long Island's only non-governmental, island-wide energy safety net.

With one in three local families struggling to make ends meet, this support means no one has to choose between heat, food, or medicine.

Thank you, National Grid Foundation, National Grid, PSEG Long Island, Northville Industries, and all our partners for supporting Project Warmth.



United Way of Long Island
★ Favorites · January 16 · 🌐

Thank you, **Wegmans**! ... See more



United Way of Long Island
★ Favorites · January 30 · 🌐

Our PowerUP! Career Readiness Workshop was a success! Participants gained valuable insight into career paths, resume building, and interview preparation, plus learned about additional training opportunities. A big thank-you to **Marcor Construction** for joining us and sharing real-world career opportunities in energy efficiency!



United Way of Long Island
★ Favorites · January 2 · 🌐

At United Way of Long Island, we believe in the power of small businesses, not only to drive our regional economy, but to spark lasting and positive change in our communities. That's why we're proud to launch the Small Business Champion Award, an initiative that recognizes businesses making a meaningful impact through leadership, generosity, and community support.

If your business has fewer than 100 employees and is committed to giving back, we encourage you to nominate yourself or another outstanding business.

All finalists will be celebrated at our United Together Celebration on June 17, 2026.

Learn more and submit your nomination here: <https://forms.office.com/r/kFr58mwWaa>

Let's shine a spotlight on the small businesses that strengthen Long Island and inspire others to lead with purpose.



Recognizing BIG Impact from Small Businesses

United Way of Long Island



Small Business Champions

United Way of Long Island
★ Favorites · January 28 · 🌐

After a weekend of heavy snow and freezing temps, we were grateful to join **Connoisseur Media** on air to talk about Project Warmth and the support Long Island families need to stay safe and warm this winter. Thank you, **Aaron Choo** of National Grid, **Rocco Lacertosa** of NYS Energy Coalition, and **Lou Debrino** of PSEG, for raising awareness about Project Warmth and the resources available for Long Islanders this winter.



United Way of Long Island
★ Favorites · January 20 · 🌐

With over 760 professionals and community members, this is Long Island's largest philanthropic luncheon and premier networking event that raises critical support which stays right here on Long Island. You don't want to miss it. www.unitedwayli.org/UTC2026





United Way of Long Island

1,640 followers
2w



March is Social Worker Month

At United Way of Long Island, social workers are at the heart of our mission, from supporting families and connecting neighbors to critical resources to helping individuals overcome barriers to build brighter futures through direct services and community partners.

Thank you to the compassionate professionals whose dedication strengthens our community every single day.



United Way of Long Island

1,640 followers
3w



We're grateful to our partners at the [New York Power Authority](#) for visiting United Way of Long Island and seeing the PowerUp! program in action.

PowerUp! is creating real pathways to skilled careers while meeting the growing demand for clean energy solutions. From hands-on training to wraparound support, we're helping Long Islanders move from learning to lasting employment and building a more resilient, green energy future together.



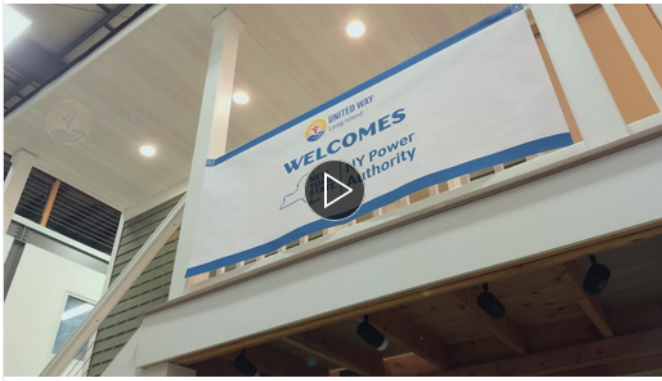
New York Power Authority

56,577 followers
3w · Edited

We were proud to visit [United Way of Long Island](#) and see their Power UP program in action. Hands-on clean-energy training that meets real community needs and builds the workforce our energy future demands. Programs like this are why we do what we do: expand opportunity, create pathways to skilled, good-paying jobs, and accelerate an inclusive transition to clean energy.

Our support is long term and practical: modern training labs, industry-aligned curricula, and wraparound services that help participants move from classroom to career. It's how we turn ambition into access for students, career changers, and working families across Long Island.

[#WorkforceDevelopment](#) [#Upskilling](#) [#Reskilling](#) [#FutureOfWork](#)
[#CleanEnergy](#) [#UnitedwayLongIsland](#)



United Way of Long Island

1,640 followers
1w



Our sponsors are more than supporters; they are champions of our mission and trusted partners in creating lasting change. We are deeply grateful for their leadership, commitment, and belief in a stronger Long Island where everyone can reach their full potential.

Join our family of supporters today! <https://lnkd.in/exUmpBxU>

Presenting Sponsor

FOUR LEAF
Federal Credit Union

UNITED TOGETHER CELEBRATION - JUNE 17, 2026



United Way of Long Island

1,640 followers
2mo



With over 760 professionals and community members, this is Long Island's largest philanthropic luncheon and premier networking event that raises critical support which stays right here on Long Island. You don't want to miss it.

<https://lnkd.in/exUmpBxU>



United Way of Long Island

1,640 followers
1mo · Edited



✦ Faces of impact. Meet our Young Professionals Network Committee.

Meet [Sari Eidelkind](#)

Real Estate Broker at Lucky To Live Here Realty
University of Central Florida Graduate

"I've lived on Long Island most of my life, and this community has given me so much. Being a realtor isn't just about homes for me—it's about people, families, and our local neighborhoods. Sitting on the United Way Young Professionals committee lets me give back in a meaningful way, support local families, and be part of something bigger than business. It's my way of investing in the place that's always been home."

YOUNG PROFESSIONALS NETWORK



SARI EIDELKIND



United Way of Long Island

1,640 followers
2w · Edited



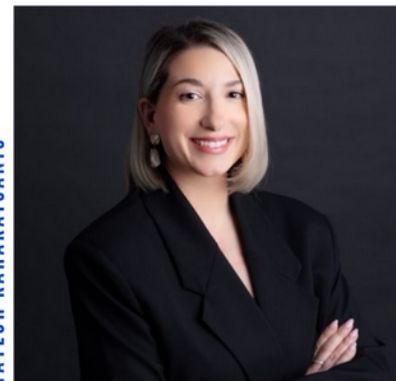
✦ Faces of impact. Meet our Young Professionals Network Committee.

Meet [Taylor Karakatsanis](#)

Regional Controller at First Student
St. Joseph's University New York Graduate

"Being part of YPN is meaningful to me because it creates space to learn, collaborate, and support one another as we grow in our careers and our community. I believe giving back is a small but powerful way of showing gratitude for the opportunities we've been given and for the people who have helped us along the way. Being involved allows me to contribute, build connections, and help create opportunities for others to succeed as well."

YOUNG PROFESSIONALS NETWORK



TAYLOR KARAKATSANIS



Thank You