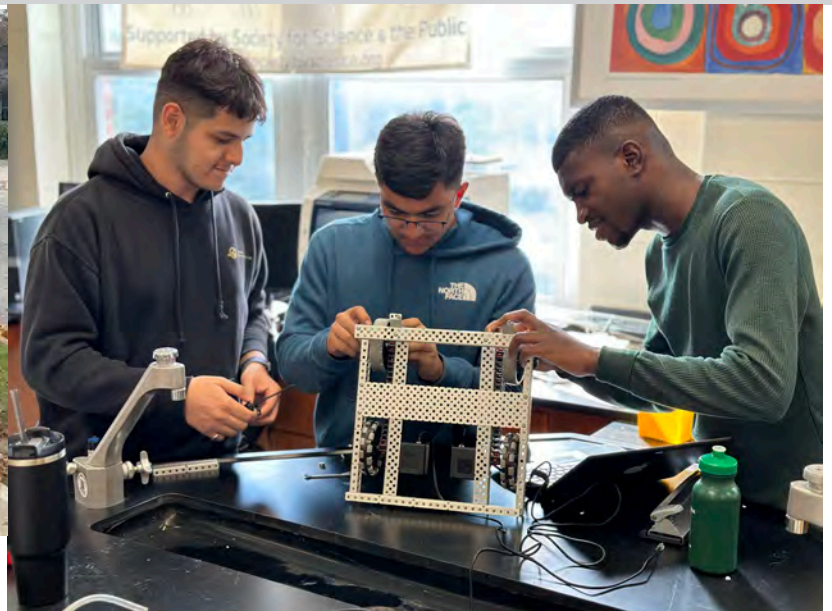




# HEADLINES



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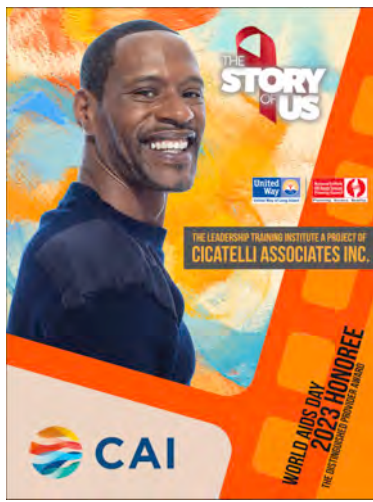


# Events



December 1st marked the 35th anniversary of World AIDS Day. This annual observance provides a platform to raise awareness about HIV and AIDs and to honor the lives affected by the epidemic. The Nassau-Suffolk HIV Health Services Planning Council, administered by United Way of Long Island, celebrated with a special event at Captain Bill's Restaurant in Bay Shore. Over 125 guests attended to show support for friends and loved ones affected by the virus.









Tanger Deer Park hosted thousands of families on Saturday, November 18th for the exciting Holiday Festival & Tree Lighting Celebration where United Way of Long Island was a partner. With Tanger-supported marketing including radio, digital media, and mall audio casters, we raised awareness about United Way's vital programs.



# Tanger<sup>®</sup>Outlets





GIVING TUESDAY is a global movement which highlights nonprofits during the busy holiday season. United Way of Long Island's digital campaign between November 18th and 29th accomplished three goals: Enhance reputation and increase awareness, raise funds to support our work, and engage staff and community members.





#GivingTuesday



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. If a crisis strikes any of these households, they may be forced into making financial compromises and trade-offs that could be detrimental or even life-threatening. Project Warmth's Emergency Fuel Fund can make a significant difference for families in our region.



#GivingTuesday



Rochelle and her family found themselves in a precarious situation when they were forced to live in a shelter, even after she secured a job and an apartment. The high cost of rent meant that Rochelle moved several times, which was a significant challenge. United Way provided Rochelle with food support, heating bill assistance, and school supplies for her children.



#GivingTuesday



Returning home was no simple task for Frank, a U.S. Army veteran. Frank suffered many years of health issues, and after 22 surgeries, his right leg was amputated to save his life. Frank is now a permanent wheelchair user, and his home was not accessible. After expensive construction quotes, Frank's wife Claire turned to their town to see what programs were available for help. The town recommended United Way of Long Island's Mission United initiative.



#GivingTuesday



Tyricka and Shanique participated in United Way of Long Island's YouthBuild program to work toward their GED high school equivalency program, develop leadership skills, and prepare for a career path as medical assistants. YouthBuild is dedicated to changing the path of Long Island youth. The program currently serves the Town of Hempstead, the City of Long Beach, and the Town of Oyster Bay communities.



#GivingTuesday



Amber is a Sophomore at Adelphi University studying to fulfill her dream of a career path in political science, and is excelling academically with a 4.0 GPA. She is a member of the Honors College and Levermore Global Scholars program, where she is leading a social justice project on Long Island. Thanks to a United Way of Long Island Dreams For Youth Scholarship, Amber can continue to concentrate on her studies and not worry about finances.



#GivingTuesday



JoJo, a disabled U.S. Navy veteran, served in the Pacific Fleet. She rented an affordable apartment for 20 years until her lease ended. JoJo had nowhere to go. JoJo was approved for a U.S. Department of Veterans Affairs mortgage loan, but the closing costs were an obstacle. Through the generosity of the Long Island Insurance Community, JoJo received a grant to help cover the fees so she could achieve her property-owning dreams.





The TCS New York City Marathon represents the best of New York—when all New Yorkers come together to support each other and cheer on their neighbors. For the seventh year, United Way of Long Island was selected as a charity partner for the 2023 TCS New York City Marathon. United Way of Long Island's Team Mission United runners finished the 26.2- mile course, raising over \$32,000 in support of U.S. military veterans and their families on Long Island. Every runner has their own unique story for why they run.

Read about each runners marathon experience at:  
[www.unitedwayli.org/TMUConquers2023](http://www.unitedwayli.org/TMUConquers2023)

Premier Veteran Sponsor







**In 2023 Alma  
completed  
her 32nd  
NYC Marathon**

Since 2016, Team Mission United has raised more than \$200,000 for veterans through runners' participation in the TCS New York City Marathon. To participate in this once-in-a-lifetime race, each Team Mission United member made a minimum fundraising commitment of \$3,000.

Thank you **Team Mission United**, **Premier Veteran Supporter Sands New York**, and all our sponsors for helping United Way of Long Island connect veterans and their families to local services and resources that provide the support they deserve. If you're looking to join Team Mission United in 2024, visit [www.unitedwayli.org/TMURaceApplication](http://www.unitedwayli.org/TMURaceApplication).





Save The Date • June 11, 2024

*join us to celebrate*

# UNITED



# IN PURPOSE

*at The Crest Hollow Country Club*

Honoring

Corporate Impact  
Champion

Labor  
Champion

Energy Volunteer  
Champion

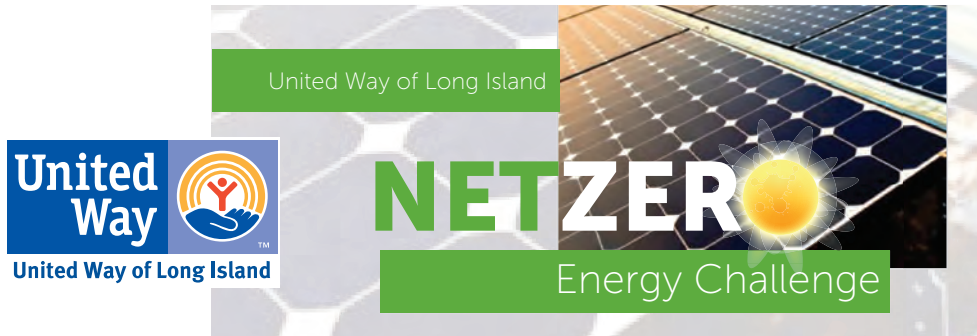


Save The Date • June 11, 2024

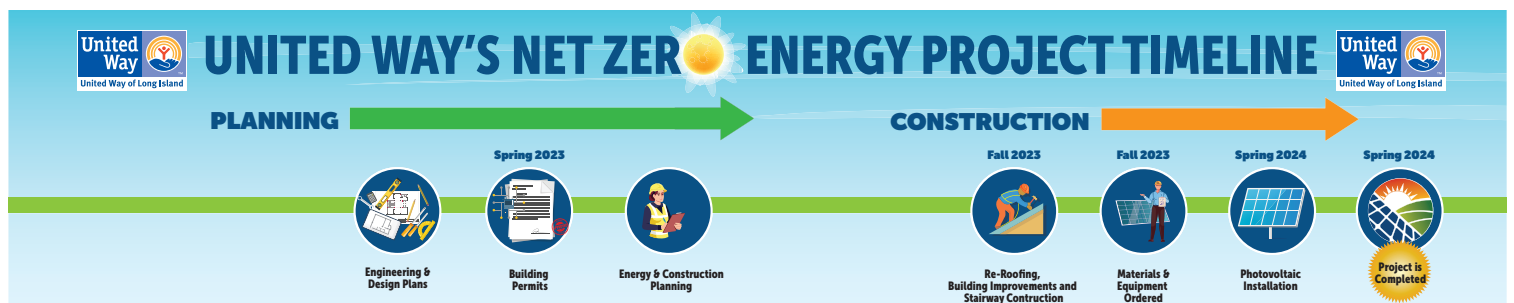


# Programs





Phase One of the NET ZERO Energy Building Campaign saw the successful installation of energy recovering ventilators (ERV's) on the roof. The demolition of old, existing air distribution duct work was replaced with new slim duct work and refrigeration piping was set to all outdoor condensing units. Most recently, Phase Two to fully power the building with electric air source heat pumps was completed, providing superior comfort and ventilation. Phase three is to build a 576 panel solar array that generates as much electricity as the building uses is anticipated to begin January 2024. Graduates of our signature Power Up! Wind, Solar & Renewables training program are among the highly skilled professionals on site completing the work.





**PROJECT  
WARMTH  
OPENS  
DEC. 18TH**

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. Many working families are not earning enough money to maintain self-sufficiency and seniors on fixed incomes are having a hard time.

If a crisis strikes any of these households, they may be forced into making financial compromises and trade-offs that could be detrimental or even life-threatening. Project Warmth's Emergency Fuel Fund can make a significant difference for families in our region.

As Long Island's only non-governmental, island-wide emergency fuel fund, Project Warmth is a safety net for financially struggling individuals and families who are unable to pay their heating bill. This program provides a one-time grant for fuel and/or fuel-related electricity. Payments are made directly to oil and utility companies on behalf of eligible residents facing heating emergencies. For the hundreds of families we help each year, assistance with an oil delivery or utility arrears means they have room in their budgets to cover essentials like food or medication.

With the 2022-2023 cold weather behind us, the Project Warmth Fuel Fund Committee would like to express deep gratitude to every contributor who made it possible for us to help families and senior citizens to keep their homes warm this winter. Despite the myriad of challenges many faced and continue to face, we are fortunate to have a community of faithful, compassionate supporters who helped us serve 1,123 households when they had heating emergencies – including 800 children. We are grateful to our many funders including National Grid Foundation who awarded a generous and unprecedented grant of \$350,000 as well as more than 1,000 Long Islanders who contributed through their PSEG utility bills to help their neighbors in need.

Signature Supporters

Sustaining Supporters

Brookhaven Science Associates • Capital One • Carbo Industries • Esquire Bank • Eversource • Flushing Bank • GEICO • The Horace & Amy Hagedorn Fund at NY Community Trust  
Island Outreach Foundation • J-Power USA • The Randi and Clifford Lane Foundation • Matthew T Mellon Foundation • NYS Energy Coalition • Petro • Swezey Fuel • UPS

Service Supporters

BOMA Long Island • Braemar • Calithness • CNA Insurance • Enterprise Rent A Car • Flushing Bank • Gee Charitable Fund • Goldie Anna Charitable Trust • Hawkeye Elecnor  
IBEW Local 2230 • Island Transportation • Kelman Family Foundation • M&T Bank • One Hope Foundation • Treiber Family Fund • Vane Line Bunkering

Media & Transit Supporters:

Connoisseur Media Long Island • Newsday • Cox Media Group • NICE Bus • Long Island Business News • Long Island Press





Department  
of Labor

Classes  
Start  
January 3,  
2024



## Wind, Solar & Renewables Career Training

# Take Your First Step Towards a Career in Renewable Energy!

Enroll today in **Power Up! Wind, Solar & Renewables**, a **FREE** United Way of Long Island training program that creates a pathway for participants to secure careers in the fast growing fields of renewable energy, smart grid, and green construction.

### Our Program Includes:

- Introduction to Wind Turbines and Renewables
- Hands-on Training for Next-Generation in Construction
- Building Science Principles
- Assistance with Job Placement
- OSHA 30

**This program is FREE  
of charge and enrollment  
is limited  
SIGN UP TODAY!**



Scan the QR Code to register or submit your application  
at: [unitedwayli.org/powerup!](https://unitedwayli.org/powerup!)



**Program Funders:** Bank of America Charitable Foundation • National Grid Ventures • Stanley Black & Decker  
Suffolk County Department of Labor, Licensing, and Consumer Affairs • Town of Hempstead Department of Occupational Resources

**Workforce Partners:** PSEG Long Island • National Grid • Eversource • Empower Solar • SUNation Energy  
American Energy Efficient Remodelers (AWS) • Petro Home Services • TRC Companies • Suffolk County Community College



# **Media Coverage**





## Staying Safe at Home

**With the help of the Older Adult Home Modification Program, Long Islanders can safely stay in their home**

Like many older adults, Gladys wanted to stay in her home as she ages. The good news is that with United Way of Long Island's Older Adult Home Modification Program, there's help to do just that. Gladys received interior and bi-lateral exterior handrails and shower grab bars to improve her safety. This free program includes:

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

If you're over 62 and own your own home, learn how qualified seniors in Nassau and Suffolk Counties can apply.



For more information and to find out if you qualify contact our Housing Department at 631.940.3721 use the QR Code or online at: [unitedwayli.org/OAHMP](https://unitedwayli.org/OAHMP)

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

**2-1-1**

Get Connected. Get Help.™

If you or someone you know needs help Call 2-1-1 or outside Nassau and Suffolk Counties 1-888-774-7633 or visit [211longisland.org](https://211longisland.org). The Call Center is open 24/7.



## Providing Tomorrow's Workforce with the Skills to Build a Stronger Long Island

Christina enrolled in United Way of Long Island's Workforce Development Training Academy to build skills in the clean energy and renewables industry. She is now working full-time as a Junior Installer.



With hands-on classroom learning and on-the-job experience, the Workforce Development Academy is a pathway to financial stability. Learn more and secure your place for an exciting career, call 631.940.6530, scan the QR code or visit [unitedwayli.org/WorkforceAcademy](http://unitedwayli.org/WorkforceAcademy).



*The United Way of Long Island Workforce Development Training Academy is supported in part by: Bank of America, New York State Empire State Development, National Grid Ventures, PSEG Long Island, The Bob Woodruff Foundation, and Suffolk County Government.*

**For information about United Way of Long Island's programs visit [www.unitedwayli.org](http://www.unitedwayli.org)**

If you or someone you know is in needs support, please contact 2-1-1 to get started or visit [211LongIsland.org](http://211LongIsland.org)





# LONG ISLAND PRESS

give the *gift*  
of  
*warmth*

None of our  
neighbors should  
have to endure  
the winter  
without heat.



United Way of Long Island's Project Warmth Emergency Fuel Fund helps ensure hardworking families who need energy assistance the most can afford the costs of utility bills during the coldest winter months. Last year, 1,123 households in Nassau and Suffolk Counties received the Gift of Warmth.

Your support of Project Warmth can make a significant difference for families in our region.  
[www.unitedwayli.org/projectwarmth](http://www.unitedwayli.org/projectwarmth)

*Thank you to our Signature Project Warmth Supporters:  
National Grid Foundation, National Grid, Northville, and PSEG Long Island*



## Inclusive Environmental Stewardship

United Ways worldwide are directly addressing environmental challenges to foster sustainable communities. Our recent efforts range from restoring vital ecosystems like mangroves and coral reefs to pioneering renewable energy initiatives. These projects not only protect against natural disasters but also bolster local economies and education. These projects exemplify our commitment to innovative, nature-based solutions and community education, creating resilient communities in the face of a changing climate.



### FEATURED

#### Harnessing Solar Energy

United Way of Long Island's NET ZERO Energy Building Campaign is an award-winning, state-of-the-art project that provides essential skills training for populations in need while setting a new standard in renewable energy for non-profit

[READ MORE](#)







**BIENA DEPEÑA**  
**Director of Community Impact**  
United Way of Long Island

**B**iena Depeña serves as the director of community impact for the United Way of Long Island, where she oversees, manages and leads a wide range of programs and projects that support and uplift the region.

Active in her community, Depeña is a member of various local organizations, including the Nassau County Office of Minority Affairs Council, the Cedarmore Corporation Youth Empowerment Series, Wings of Empowerment and 100 Hispanic Women Long Island Chapter. She also serves on the advisory board of the Nassau County Office of Hispanic Affairs and on the board of advisors for Education Reform Now.

She has received several awards for her community work, including the Town of Hempstead Community Activist award, the Nassau County Community Leader award and the New York State Deputy Speaker Women in Leadership award.

Depeña believes her most significant accomplishments include mentoring young people, educating and empowering the immigrant community and being a mother. She loves championing women-owned businesses and minority businesses. "I also support different initiatives my parents have in our home country (the Dominican Republic), such as supporting young people's education and feeding people who have less than us," she says.

Giving back has also always been a big part of who she is. "As a second-generation immigrant, one of the many experiences that shaped my life was getting involved in my community, and attending meetings simply to be informed," she states. "Once that was done, my next step was to speak up, even when my voice was shaking, even if I was afraid." She always advises people to "show up and speak up, because you never know who is watching." By taking her own advice, she notes that "those meetings turned into people wanting to mentor me and support me."

Depeña often brings her five-year-old son along when volunteering, whether at a turkey giveaway, toy drive, community fair or protest. By doing so, he learns valuable lessons. For instance, she explains, "He can't get a toy at the toy drive, because it's not for him, it's for the less fortunate kids. And yes, it actually works."

In addition to working to make a difference in her volunteer commitments, she also makes an effort to inspire change at work. One of the ways she does this is simply "by being my authentic self." She says, "I believe that when you show up in your most authentic form, the right partnerships and collaborations will come together to create the bigger picture."

Depeña cites her mother as a source of inspiration for her, pointing to "her grit and her desire to always do her best, regardless of the situation." Additionally, she is inspired by "the universe, because every day it allows me to see beauty in the smallest of things."

Depeña holds a bachelor's degree from Dowling College, majoring in Psychology with a dual minor in Education and Political Science. She earned her master's degree in Public Administration from LIU Post and a post-graduate certificate in Project Management from Cornell University.

# ARCHER STREET SCHOOL THANKSGIVING TURKEY TROT FOR A GOOD CAUSE

NOVEMBER 28, 2023 BY [TEAM UP 4 COMMUNITY](#) — [LEAVE A COMMENT](#)



## #STAMPYOURIMPACT



The sounds of turkeys gobbling and music playing in the background could be heard as Archer Street School Principal Mrs. Paula Lein kicked off this year's annual Thanksgiving Turkey Trot for a good cause.

Students and staff wearing holiday hats and waving Thanksgiving-themed flags and posters were joined by Board of Education President Maria Jordan-Awalom, Board trustee Sonia A. Dixon, Assistant Superintendent for Educational and Administrative Services Dr. Helen Kanellopoulos and Assistant Superintendent for Curriculum and Instruction Ms. Glori Engel as they walked around the outside of their school as part of their annual fundraising drive.

Everyone showed they know the true meaning of the holidays and that it is better to give. This year, the recipient of their generosity was the United Way of Long Island. Through the fundraising effort of the students and staff, Archer Street School donated \$2,800 to the United Way of Long Island. On hand to accept the donation on behalf of the United Way of Long Island was United Way of Long Island Community Impact Director Biena Depena.

Photo captions:

FREEPORT 1: United Way of Long Island Community Impact Director Biena Depena (fifth from left) accepted a donation from Archer Street School Principal Mrs. Paula Lein (third from right) joined by Board of Education President Maria Jordan-Awalom (fourth from left), Board trustee Sonia A. Dixon (second from right), Assistant Superintendent for Educational and Administrative Services Dr. Helen Kanellopoulos (front right), Assistant Superintendent for Curriculum and Instruction Ms. Glori Engel (front left) and staff.

FREEPORT 2: Archer Street School Principal Paula Lein (center) and staff kicked off this year's annual Thanksgiving Turkey Trot fundraiser.

FREEPORT 3-9: Students and staff at Archer Street School took part in the school's annual Thanksgiving Turkey Trot fundraiser right before Thanksgiving. The year the school donated \$2,800 to the United Way of Long Island.

*Photos courtesy of the Freeport School District.*





## For Rocha, it's one more N.Y. marathon Raising over \$32,000 to support veterans



Freeport's Alma Rocha, the principal of Columbus Avenue School, once again made her way through the streets of the five boroughs during this year's New York City Marathon, finishing the race for the 32nd time on Nov 5.

A seasoned long-distance runner and a stalwart member of the eight-member Team Mission United, Rocha's journey through the city wasn't just a personal accomplishment, but a testament to her unwavering commitment to supporting Long Island's veterans and military families.

Notably, the collective efforts of the team resulted in an impressive achievement of raising over \$32,000. Within this commendable total, Rocha's division played a significant role by contributing an additional \$2,000 to the cause.

The funds generated through this initiative are instrumental in assisting veterans with various aspects of their lives, including job preparation, emergency financial assistance, case management, and housing development.

The New York Marathon attracts more than 50,000 runners, ranging from top professional athletes to runners of all ages and abilities, as well as 10,000 charity racers. Over 125 nationalities are represented as participants traverse the different areas of New York City's five boroughs—Staten Island, Brooklyn, Queens, the Bronx and Manhattan.

More than a million spectators and 10,000 volunteers line the streets of the city to cheer on the runners, while millions more watch the worldwide broadcast. The New York City Marathon recognizes United Way of Long Island as an official Charity Partner.

Acknowledging the growing difficulty with each passing year, Rocha recalled the challenges encountered during training, asserting that the will to overcome obstacles is key.

"Every year gets a little bit harder during training, and training is more of a challenge," Rocha said. "If you have the will, you find a way."

The marathon, beyond its physical demands, presented Rocha with poignant moments that fueled her determination. She found inspiration in the resilience of fellow runners, particularly veterans running with missing limbs. Their unbreakable spirit served as a powerful reminder of the sacrifices made by those who have served in their country.

"The highlight during these races always comes when you see people with way greater challenges than you," Rocha said. "You have veterans, service men running with missing arms, some with missing legs. It is inspiring to see them and how they face the 26 miles. It is really uplifting."

Rocha's annual participation in the marathon is driven by a deep sense of honor to represent Long Island's veterans. She views it as an opportunity to contribute, albeit in a small way, to the well-being of those who have selflessly served their country.

"What keeps me coming back is my honor to represent the veterans of Long Island," Rocha said. "It's my honor to contribute in a very small way. Every year, I have the opportunity to meet veterans benefiting from Mission United, and you see how grateful they are with little things that we can do."

Rocha moved to New York City from Mexico City when she was 26 years old. She ran her first New York City Marathon that year, and has raced every year since. Running, she said, helps her clear her head and tackle the problems of an elementary school principal.

The marathon is especially significant to Rocha because she is running to make a difference.

"The first time I ran the Long Island Half Marathon was the first time I saw veterans running with just one limb," she said. "In Mexico, war was something far from me. So when I ran the half marathon, it was real for me to see someone with a lost arm or leg. The impact that had on me to be able to come back to the world with crutches or wheelchairs takes my heart. I thought, 'If veterans can run this, what can a regular person do?'"

Preparing for the marathon requires meticulous planning and dedication. Rocha's training routine, emphasizes the importance of proper nutrition and healthy eating habits. In the month leading up to the race, she dedicated five hours a day to running, striving to align her mindset with the grueling demands of the marathon.

"I'm so grateful that I have a smile on my face to get me through the finish line," Rocha said. "It gets harder every year, but this is a challenge for me. If I can do this, I can do many other things that I can put in my mind. It's really an incentive for myself."

For those inspired to contribute to Team Mission United's fundraising efforts, donations can be made at [unitedwayli.org/team-missionunited](http://unitedwayli.org/team-missionunited).

## BELLEROSE RUNNER HELPS RAISE MORE THAN \$32K FOR VETERANS

Charity on Long Island, People & Places, Special Sections, Sports, Veterans

The TCS New York City Marathon represents the best of New York—when all New Yorkers come together to support each other and cheer on their neighbors. For the seventh year, United Way of Long Island was selected as a charity partner for the 2023 TCS New York City Marathon.

United Way of Long Island's Team Mission United runners finished the 26.2-mile course, raising over \$32,000 in support of U.S. military veterans and their families on Long Island. Every runner has their own unique story for why they run.

Robert, a certified architect at Bobby K Architects and volunteer EMT/firefighter, clocked in at five hours and 17 minutes. After being inspired by David Goggins's Can't Hurt Me, Robert was inspired by how resilient the human body is and took on the challenge of running marathons. Through running, he believes people can learn a tremendous amount of information about their mind, body, and soul. "I ran the 2023 New York City Marathon with Team Mission United to show his gratitude for our veterans and their sacrifices to our country."

Since 2016, Team Mission United has raised more than \$200,000 for veterans through runners' participation in the TCS New York City Marathon. To participate in this once-in-a-lifetime race, each Team Mission United member made a minimum fundraising commitment of \$3,000.

"We couldn't be prouder of all the work our runners have put in throughout these past twelve months," said Theresa A. Regnante, president and CEO of United Way of Long Island. "Our veterans across Long Island are collectively grateful for Team Mission United's support to live healthy and productive lives and build brighter futures."

Thank you Team Mission United, Premier Veteran Supporter Sands New York, and all our sponsors for helping United Way of Long Island connect veterans and their families to local services and resources that provide the support they deserve. If you're looking to join Team Mission United in 2024, visit [www.unitedwayli.org/TMURaceApplication](http://www.unitedwayli.org/TMURaceApplication).



## Suffolk County Awards United Way of Long Island \$385,000 JumpSMART Grant



**JumpSMART Grant** - Suffolk County officials led by County Executive Steve Bellone present United Way of Long Island's Theresa A. Regnante and Craig Fligstein a \$385,000 JumpSMART grant.

Suffolk County awarded United Way of Long Island a \$385,000 JumpSMART Small Business Downtown Investment Program grant to provide hands-on training in clean energy and renewables for veterans and young adults.

This will include participants of United Way's VetsBuild, YouthBuild, and PowerUp! Wind, Solar & Renewables programs.

The Workforce

Development Training Academy is being developed in conjunction with United Way of Long Island's Net Zero Energy Building Campaign, an award-winning project that is setting a new standard in renewable energy for non-profit organizations across Long Island. Going Net Zero means the organization will save more than \$70,000 in utility costs to be reinvested in

community programs. United Way is transforming its Deer Park headquarters, the renamed Entenmann Family Center for Hope, into the next generation of energy efficiency. With 576 PV solar modules, the facility will function as a "command center" for non-profit organizations across Long Island that are impacted by catastrophic events like 2012's Super

Storm Sandy, allowing these vital organizations to continue serving the communities who rely on them when their own facilities are unavailable.

In County Executive Bellone's remarks he said, "United Way of Long Island is a constant presence in the community and one of the pillars of the community. Their Workforce Development Training Academy will

provide our residents with greater access to financial opportunities and workforce development possibilities."

"We are grateful to the Suffolk County Legislature for their support, and to Steve Bellone for his commitment and leadership to invest in workforce development," said Theresa A. Regnante, President and CEO, United Way of Long Island. "These

funds will support the transformation of our headquarters into a Net Zero facility and provide tomorrow's workforce with the skills needed to build a Long Island community that leaves a lighter footprint."

To learn more about the Workforce Development Training Academy, visit: <https://www.unitedwayli.org/WorkforceAcademy>



## **Running for Veterans**

10 Team Mission United runners from across Nassau and Suffolk Counties ran in the TCS New York City Marathon to support military veterans and their families. United Way of Long Island's Mission United initiative is a single point of entry for veterans to access the help they need, at no cost. Mission United helps ease the transition to civilian life and address the unique needs of veterans. By connecting them to a coordinated network of community partners, we empower veterans and their families to lead productive lives in our communities. Runners included Christine and Alex Borg of Huntington and Andrew Tulenko of East Northport.



## Campus President among 'Long Island Power 100'



SUNY Old Westbury President Timothy E. Sams was for the third consecutive year included among the “[Long Island Power 100](#)” as identified by City and State magazine.

According to the magazine, “The Long Island Power 100” identifies the local power players who are driving debates over major policy issues locally and statewide, from affordable housing to public safety to offshore wind development.



With his inclusion on the 2023 list, Dr. Sams has now been identified among the region’s most influential leaders all three years since his arrival on campus in January 2021.

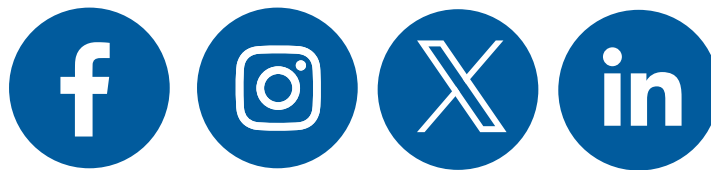
Ranked at number 61 this year, Dr. Sams was recognized, in part, for leading the institution to the approval of its new recognition as a university rather than a college.

This recognition follows the announcement earlier this fall by Long Island Business News, which included Dr. Sams among its “[Sixty Most Influential Long Islanders](#).”

In addition to Dr. Sams, SUNY Old Westbury [College Council](#) Member Theresa Regnante was included once again among the “Long Island Power 100,” ranking 82nd. She was recognized particularly for her leadership of the United Way of Long Island as it supports those Long Islanders at most risk, including the development of initiatives to support low-wage workers.



## **Social Media**





**United Way of Long Island** • Favorites • 2d •

World AIDS Day is an annual event that serves as a reminder of the global struggle to end HIV-related stigma, an opportunity to honor those we have lost, and a rallying cry to commit to working toward a day when HIV is no longer a public health threat. [#LiveUnited](#)  
[#WorldAIDSDay](#)

**United Way of Long Island** • Favorites • November 16 at 10:02 AM •

Student loan repayment can be stressful, but if you're having a tough time, there are options for help. To learn more, visit [www.unitedwayli.org/SDAP](http://www.unitedwayli.org/SDAP).  
[#UnitedWayLI](#) [#EDCAP](#)

**United Way of Long Island** • Favorites • 6d •

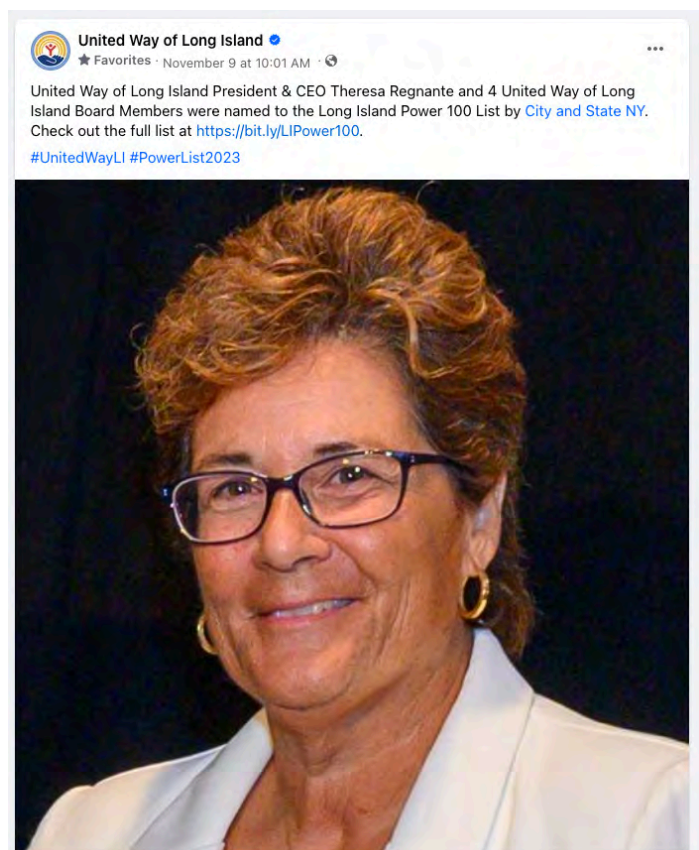
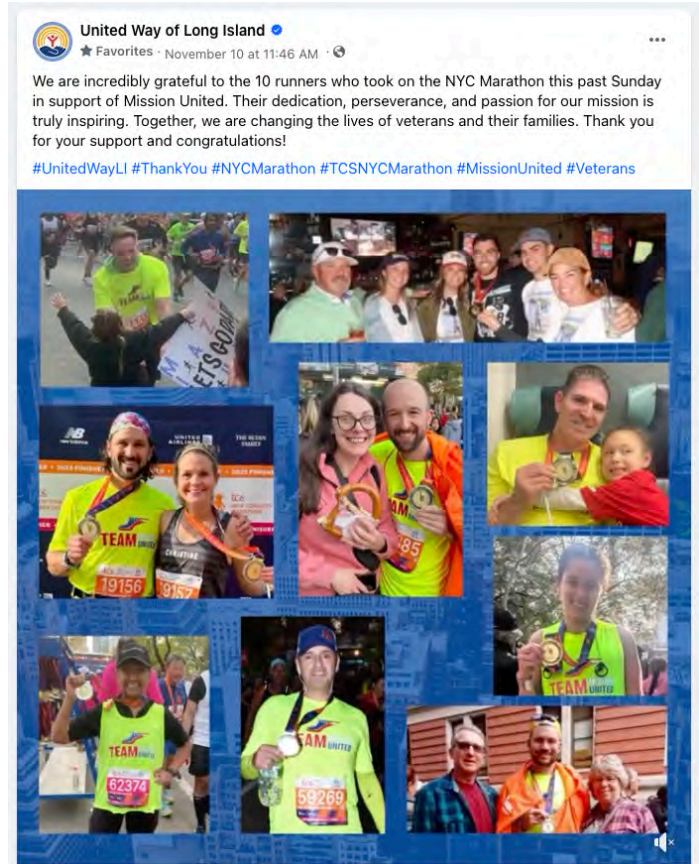
Mark Your Calendar: [#GivingTuesday](#) is Tomorrow! Giving Tuesday is not just a day; it is a movement fueled by the collective power of individuals coming together to create positive change. This special day is an opportunity for us to unite and make a difference in the lives of those who need it most.  
[#UnitedWayLI](#) [#gratitude](#)

MYEMAIL.CONSTANTCONTACT.COM  
**Mark Your Calendar: Giving Tuesday is Tomorrow!**  
 You can help to make this holiday season brighter. View as Webpage We are excited to re...

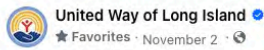
**United Way of Long Island** • Favorites • 3d •

As Veteran's Appreciation Month comes to a close, we recognize Guillermo, a U.S. Army National Guard veteran. He found assistance through United Way's Mission United that provides services and resources to veterans in emergency financial aid, VetsBuild career training, and employment assistance. He is now employed as a Project Manager in New York City. Guillermo and his family are able to thrive in our community. Mission United is a pathway to financial stability. To learn mo... [See more](#)







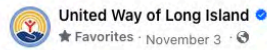


United Way of Long Island

★ Favorites · November 2 ·

United Way of Long Island Board Members are changing our communities for the better. Congratulations, Katherine Heavside, John Durso, Jennifer Cona, Matty Aracich, Magdalonie Paris-Campbell, and Marc Herbst, for your recognition among the 2023 [Long Island Business News](#) 'Most Powerful Influencers.'

#UnitedWayLI #LiveUnited

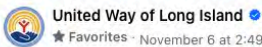


United Way of Long Island

★ Favorites · November 3 ·

Two more days until the TCS NYC Marathon, one of the most exciting days of the year. Join us at the United Way of Long Island Cheer Zone at Mile 19 and roughly 118th St. to celebrate Team Mission United!

#UnitedWayLI #NYCMarathon



United Way of Long Island

★ Favorites · November 6 at 2:49 PM ·

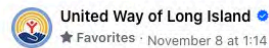


Bethpage Federal Credit Union

November 2 ·

Huge shout out to our teammates who are always willing to lend a hand to those in need. Thank you for all you do! ❤️ #thankful

👤: Digital Waterworx

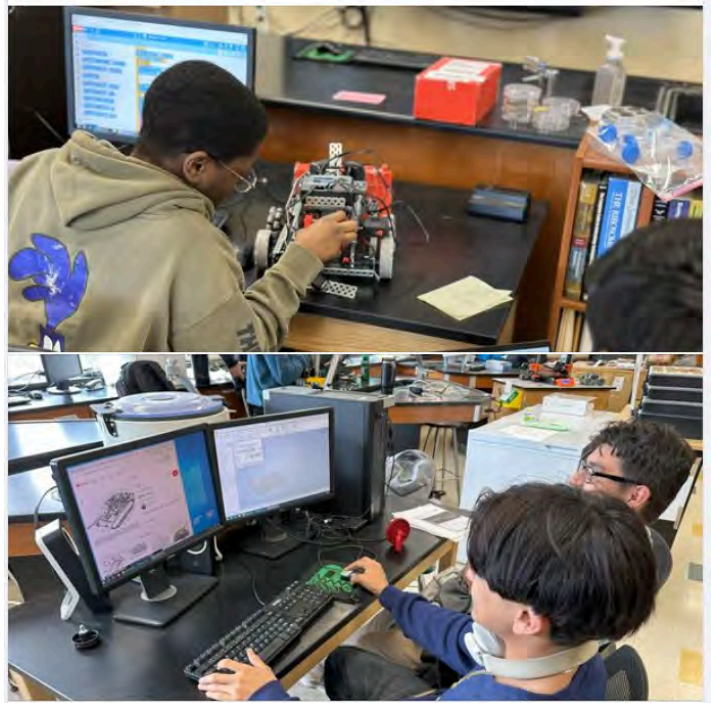


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★ Favorites · November 8 at 1:14 PM ·

Today is National STEM Day, and [PSEG Long Island](#) STEM Innovators Robotics Course & Workforce Club at Brentwood High School provides real-world perspectives on robotics applications and offers insights into potential career opportunities in the engineering and technology sectors.

#UnitedWay #LiveUnited #PSEGInnovators #RoboticsProgram #STEMEducation #BUFSD #BrentwoodNY #BrentwoodStrong #PSEGLI







United Way of Long Island is at Texas Roadhouse.

★ Favorites · October 23 · Deer Park · 🌐

In recognition of their hard work and dedication to support veterans and their families, we hosted a special dinner for Team Mission United runners. Learn more about the team:

[www.unitedwayli.org/teammissionunited](http://www.unitedwayli.org/teammissionunited)

#MissionUnited #UnitedWay #Veterans



United Way of Long Island

★ Favorites · October 26 · 🌐

Thank you [Faces of Long Island](#) for celebrating our colleague, Cheri-Ann, for all the good she does on Long Island and across the globe. To check out the full article, visit [https://bit.ly/FOLI\\_ChериAnn](https://bit.ly/FOLI_ChериAnn).

#UnitedWayLI #LiveUnited

FACES  
OF LONG ISLAND



Cheri Ann Rougier,  
United Way of Long Island



United Way of Long Island

★ Favorites · October 27 · 🌐

Like many older adults, Gladys wanted to stay in her home as she ages. The good news is that with United Way of Long Island's Older Adult Home Modification Program, there's help to do just that. For more information and to find out if you qualify, contact our Housing Department at 631.940.3721.

#UnitedWayLI #LiveUnited



## Staying Safe at Home

With the help of the  
Older Adult Home  
Modification  
Program, Long  
Islanders can safely  
stay in their home.



United Way of Long Island is at Ibew Local 1049 Union Hall.

★ Favorites · November 1 · Hauppauge · 🌐

Thank you [Suffolk County Executive Steven Bellone](#) & [Suffolk County Legislature](#) for awarding United Way of Long Island a \$385K JumpSMART grant. These funds will support the transformation of our headquarters into a Net Zero facility and provide tomorrow's workforce with the skills needed to build a Long Island community that leaves a lighter footprint.

#UnitedWayLI #NetZeroEnergy



"I don't need to go on about all the amazing things United Way does. They are a constant presence in the community and one of the pillars of the community."

-Steven Bellone, Suffolk County Executive





United Way of Long Island

**Thank You**