

A Message From Supervisor DeSena



Jennifer DeSena
Supervisor

There are over 60,000 older residents in the Town of North Hempstead, many of whom prefer to remain in their own homes as they age. Project Independence

(PI) provides many services that enable them to live independently, while maintaining socially active and healthy lives. I'd like to encourage you to become a member of our Project Independence family!

About Project Independence

Project Independence (PI) is a program of the Town of North Hempstead's Department of Services for the Aging (DOSA). The mission of Project Independence is to assist and enable aging residents 60 and over, of the Town to remain in their own homes and familiar surroundings as they grow older, if this is their choice. This multi-service initiative involves coordination with many community partners.

North Hempstead Elected Officials

Jennifer DeSena, Supervisor

Robert Troiano, Jr., Council Member Dist. 1
Edward Scott, Council Member Dist. 2
Dennis J. Walsh, Council Member Dist. 3
Christine Liu, Council Member Dist. 4
David A. Adhami, Council Member Dist. 5
Mariann Dalimonte, Council Member Dist. 6
Ragini Srivastava, Town Clerk
Mary Jo Collins, Receiver of Taxes

Accessing Project Independence:



For more information on PI services, please dial 311 or (516) 869-6311 from outside the Town.

f Become a Facebook Fan: f

www.facebook.com/TownofNorthHempstead

Tune in to Project Independence and You

on WCWP/88.1 FM radio, WCWP.org or download the WCWP app – every Friday between 10 a.m. & noon...*for great information, entertaining guests, and more!*

Shows also air on North Hempstead TV, the Project Independence website and the WCWP YouTube Page.

Interested in connecting to others or participating in programs from your home, but don't know how? Call 311 or (516) 869-6311 for Zoom training.

www.NorthHempsteadNY.gov



Town of North Hempstead

Project Independence

Age-In-Place in Your Community!



Jennifer DeSena
North Hempstead Town Supervisor

Live safely & independently in your community with Project Independence!

Social and Recreational

PI offers various in person and virtual groups and programs including advisory committees, social discussion, current events, knitting, and more. PI also connects seniors with local recreation programs.



Social Work Services

PI social workers offer counseling, bereavement support, caregiver and entitlement assistance, in-home assessment/referral for case management; and community education, including the Circle of Support program.

Veterans

PI's Veterans Caseworker can assist all veterans in the Town with a number of issues, including assistance with accessing benefits and connecting to a wide variety of services.



Home Maintenance

PI's help at home programs offer light floor care, window and gutter cleaning, light bulb and battery replacement, heavy object moving, light yard work, and accessibility improvement suggestions including grab bars and railings.

Exercise and Balance

PI offers in person classes at Town Facilities and on NHTV including Fitness, Yoga, Dance Fitness and Tai Chi designed for seniors of all ages and fitness levels.

Nursing Services

PI offers blood pressure and fall prevention screenings by registered nurses, as well as medicine management, chronic illness information, and health education.



Transportation

PI partners with local Taxi companies to provide non-emergency discounted rides to medical appointments and free transportation for food shopping throughout the Town to senior residents 60+ and disabled residents 21+ who qualify. A mobility manager is also available to assist with transportation.



Educational

In person and virtual community education programs are available at various locations within the Town. Topics include fall prevention, nutrition, scams, technology, and more.

Other Programs and Services

From free cardiac health screenings to caregiver respite, Project Independence continues to create innovative programs to keep our seniors healthy, active and engaged.

TO CONNECT TO ANY OF THE SERVICES LISTED ABOVE, PLEASE CALL 311 or (516) 869-6311.