



the PIONEER

brought to you by NORTH HEMPSTEAD PROJECT INDEPENDENCE

Project Independence is a program designed to support residents 60 and over to continue to enjoy good health and a rewarding quality of life in their own homes and communities.

NEWSLETTER VOL. 11 NO. 1

Spring 2017

OLDER AMERICANS MONTH 2017: AGE OUT LOUD

For over 50 years, May has been designated Older Americans Month (OAM). The Town of North Hempstead's Project Independence (PI) will honor OAM 2017 by focusing on how older adults in our community are redefining aging, whether it be through their work, family involvement, taking charge of their health or community and advocacy efforts, all while staying independent as long as possible. We can also use this opportunity to best support and learn from our community's older members.

Once upon a time, retirement came at 65 and people left their jobs to slow down and enjoy the golden years. Today, many people are working far past 65, and when the time comes for retirement, most tend to refocus their lives, staying more active and involved within their communities, volunteering, advocacy, hobbies-interests, and helping out in the care of their families—caring for grandchildren, primary caregivers to a spouse, and busy social engagements.

This edition of the Pioneer Newsletter supports OAM 2017 by exploring current lifestyles and providing vital information to our senior Town residents. It's filled with positive tips on aging in place in North Hempstead and beyond. The resources for these articles include many senior-focused organizations, professionals, and sound suggestions from Project Independence members who live positive, safe, active, lives in North Hempstead. OAM is the perfect time to celebrate our older Town residents, their experiences and real life journeys—past, present and future!

A MESSAGE FROM SUPERVISOR BOSWORTH



The month of May was first designated as Older Americans Month (OAM) in 1963, when a meeting between President Kennedy and members of the National Council of Senior Citizens led to its establishment. Historically, OAM has been a time to acknowledge the contributions of our older residents. The theme of this year's OAM is **Age Out Loud**. This theme shines a light on important trends as the needs of our senior population changes. More than ever before, older Americans are working longer, trying new things, taking charge, and engaging in their communities. Let's amplify the voices of older Americans and continue to raise awareness of vital aging issues across our Town and country. Please join us as we speak up and out loud for OAM!



Interview with Council Member Lee Seeman and Otto Lohse (PI Member)

Lee Seeman is a Council Member representing District 5 in the Town of North Hempstead. Council Member Seeman exemplifies this edition of Pioneer's theme; in essence, living the life that suits you best.



Committee leader. I even won a primary for Zone leader.

Lee, what do you like best?

LS: Otto, I love meeting people and helping people. In 1970, I was appointed State Committee Woman—I voted on policy at city meetings and worked with the young Tom DiNapoli and now the current Assemblyman Tony Durso. In 1992, I got involved in the Clinton campaign and had many memorable experiences. I would hope my legacy, as it's also my passion, is my work with the US Commission for the Preservation of America's Heritage Abroad. My role is to preserve cemeteries, monuments, churches and synagogues in Eastern Europe.

You have done remarkable work, this interview cannot end without asking about your work with the Town's aging population and of course Project Independence.

LS: As a Town of North Hempstead Council Member, my main goal has always been to make people happy in their homes and community. Such a large population of North Hempstead is 60+ so a good portion of the work I do is in support of PI. The PI program is remarkable because it provides invaluable services to our Town residents that actually change their lives and affords them the opportunity to live safely in their homes as they age. I live life positively, I focus on the good stuff, cherish memories of life and loved ones. I look forward to my next chapter!

Is there retirement for you Lee?

LS: I will always be involved in public service and politics, it's important to me and it's what I love doing.

I know your life, now, is filled with public service and politics, but, can you tell us about your early life?

LS: Sure Otto. I was an only child, my father was born in Jerusalem and my mother was from Cincinnati. My father had lots of struggles as an immigrant. My mother was a liberated woman, and instilled that in me at a young age. I went to Bryant High School in Jackson Heights. My father had an insurance business, and as a young woman I worked for him as an agent. At just 22 years old, I succeeded in bringing in the Aetna account which I am proud of even today. I was married to Murray in 1953, he is 103. We have 4 children and 7 grandchildren.

So when and how did you get involved with public service and politics?

LS: In 1955, we bought a house in Great Neck where we raised our family. My mother said to me, now that you are married and living in the suburbs, you need to get involved in your community. And that's what I did. From working on local campaigns to Presidential campaigns, I was a member of the local Democratic party, eventually became the secretary, then the VP and on to becoming a

Check out the Project SAFE series on either the Town Cable Station or Online!

Tune in to North Hempstead TV on Channel 18/63 on Cablevision and 46 on Verizon or watch the full episodes online at: www.MyNHTV.com/nhtv-studio-interviews.



Aging in Place Safely-Scam Awareness

(FTC Federal Trade Commission)

How to Handle an Unexpected Sales Call

Questions to Ask

When you get a call from a telemarketer, ask yourself:

- **Who's calling... and why?** The law says telemarketers must tell you it's a sales call, the name of the seller and what they're selling before they make their pitch. If you don't hear this information, say "no thanks," and get off the phone.
- **What's the hurry?** Fast talkers who use high pressure tactics could be hiding something. Take your time. Most legitimate businesses will give you time and written information about an offer before asking you to commit to a purchase.
- **If it's free, why are they asking me to pay?** Question fees you need to pay to redeem a prize or gift. Free is free. If you have to pay, it's a purchase — not a prize or a gift.
- **Why am I "confirming" my account information — or giving it out?** Some callers have your billing information before they call you. They're trying to get you to say "okay" so they can claim you approved a charge.
- **What time is it?** The law allows telemarketers to call only between 8 am and 9 pm. A seller calling earlier or later is ignoring the law.
- **Do I want more calls like this one?** If you don't want a business to call you again, say so and register your phone number on the National Do Not Call Registry - 1-888-382-1222 /www.donotcall.gov. If they call back, they're breaking the law.

Some Additional Guidelines

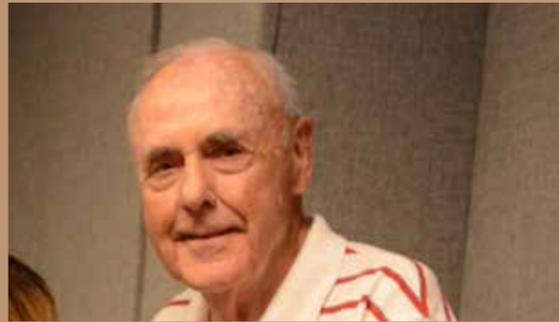
- Resist pressure to make a decision immediately.
- Keep your credit card, checking account, or Social Security numbers to yourself. Don't tell them to callers you don't know — even if they ask you to "confirm" this information. That's a trick.
- Don't pay for something just because you'll get a "free gift."
- Get all information in writing before you agree to buy.
- Check out a charity before you give. Ask how much of your donation actually goes to the charity. Ask the caller to send you written information so you can make an informed decision without being pressured, rushed, or guilted into it.
- If the offer is an investment, check with your state securities regulator to see if the offer — and the offeror — are properly registered.
- Don't send cash by messenger, overnight mail, or money transfer. If you use cash or a money transfer — rather than a credit card — you may lose your right to dispute fraudulent charges. The money will be gone.
- Don't agree to any offer for which you have to pay a "registration" or "shipping" fee to get a prize or a gift.
- Research offers with your consumer protection agency or state Attorney General's office before you agree to send money.
- Beware of offers to "help" you recover money you have already lost. Callers that say they are law enforcement officers who will help you get your money back "for a fee" are scammers.
- Report any caller who is rude or abusive, even if you already sent them money. They'll want more.

Call 1-877-FTC-HELP or visit ftc.gov/complaint.

AGING IN PLACE

SOUND SUGGESTIONS FROM OTTO LOHSE!

Otto Lohse is a longtime PI member who, along with his wife Bernadette, raised their family in North Hempstead. Otto volunteers his time and energy to many PI Programs and PI Committees. Below are some of his great, sound suggestions for Aging in Place in North Hempstead and beyond!



HEALTH & FITNESS

Visit your dentist for regular checkups and cleanings. Good oral hygiene is an important part of living a healthy life.

Hearing can be enhanced with assistive technology and use of tools like closed captioning on televisions.

Get up and move around; it's never too late to start exercising. Always speak with your doctor before starting a new fitness regime, he/she will have the best advice for you!



HOME & SAFETY

Inquire about the Project Independence Help at Home Program. Help at Home assists with those tasks that can become difficult as we age, including installing or changing batteries in smoke detectors, light bulbs, clearing out gutters and more.

Avoid dangerous falls by staying off ladders, and don't stand on chairs. If you can't reach it, leave it!

Get the "Vial of Life." It details your important information for emergency services, especially if they are responding to your home. Call 311 for details.

Reach out and help people who live alone. Neighbors helping neighbors is good for everyone in your community.

Carbon monoxide (CO) detectors should be properly installed and maintained. CO is colorless, odorless and tasteless gas. That's why it is so important to have a properly placed and maintained CO detector in your home.

SOCIALIZE



Don't be afraid of technology! See and talk to your friends and family anywhere in the world using Skype or FaceTime, etc., emailing, searching the internet and viewing photographs can be extremely fulfilling. The Town has several options for technology education.

Pick positive thinking friends. They can and will enhance your life.

Contact Project Independence at 311 and get guidelines with any of these items.



Active Senior-Martha Cohen-World In Motion



I left my world as a University Professor and entered the world of geriatrics and caregiving. I took all my experiences and skills as an educator, and applied them in this new role and stage of life. I discovered I had the freedom of time to explore this new journey that I never had before. Dance classes were always part of my physical being, so I decided to add three more to my week! I joined a current events discussion group, "World in Depth" at the Great Neck Social Center. My participation in the group grew, and I became a moderator. I brought this idea to Project Independence, and now I am the moderator of the popular group, "World in Motion." Another member of the Great Neck Advisory Committee suggested we start a drama group called, Project Independence Players.

I am totally immersed in these two projects. I feel as though I gave birth to a new me in this new stage of my life. And in this new stage, I bring years of quantity and quality of life work, survival, experiences and skills. Years of living, hopefully, brings us to a place to share, to learn, to explore and to keep on growing.

Active Senior Barbara Mehlman Technology for the Terrified

I learned by working as an educator at a local Apple store for six and a half years, many older people are terrified by technology. I, with my gray hair, was a welcoming site to many older shoppers; they would see me and say, "I want her." They knew I would understand their concerns. And they were right. That's why I created a program called "Technology for the Terrified." At no charge, I currently run this program for Town of North Hempstead Project Independence members.



People laugh when they read the name of my service, then sheepishly point to themselves and say, "That's me." Well, it doesn't have to be that way. Learning to use technology is easier than learning algebra. Really.

Here are some of the issues I address in my free workshops at Clinton G. Martin Park that are designed to dissolve your terror into nothing more than a little puddle:

- Your device won't break or blow up if you hit the wrong key or touch the wrong icon.
- Learning the new vocabulary — like device and icon — will make you feel more confident.
- Knowing the vocabulary will help you ask good questions — and there are no stupid questions.
- You'll learn how technology can enhance your life and make you want to use it more.
- Finally, you'll understand your responsibility as a user of technology.

Come to one of my workshops to learn the basics: how to communicate with friends and family using Facebook, FaceTime, and email, how to shop safely online, and how to research issues important to you, such as health, travel, or politics. Call 311 to enroll in the next workshop.



Medication Management-DO'S AND DON'TS

Judith L. Beizer, PharmD, CGP, FASCP, AGSF,
Clinical Professor, St. John's University College of Pharmacy & Allied Health Professions

1. Never take another person's medication.
2. Never give medications to another person.
3. Never keep expired or discontinued medications. Dispose of them properly. Do not flush!
4. Never mix more than one medication in a container.
5. Always keep medications in their original container at home and when traveling.
6. Never take medication from an unlabeled container.
7. Never keep medications at the bedside (except specific medications for breathing or chest pain) because double doses might be taken accidentally.
8. Follow your medication regimen according to the doctor's directions for the dose, frequency, method of taking, and so forth.
9. Always consult your doctor or pharmacist about any directions not clearly understood rather than guess.
10. Always store medications according to your pharmacist's directions.
11. Try to avoid alcoholic beverages when taking medications. When in doubt, ask your pharmacist or doctor.
12. In most cases, don't expect your medication to make you feel better immediately. Give it time to work.
13. Never stop a medication just because you feel better, unless instructed by your doctor.
14. If you have missed a dose of your medication, don't try to catch up by doubling your next dose (unless instructed by your doctor).
15. Always keep medications out of the reach of children, especially if you don't have child-resistant caps on the bottles. (And remember, they are only child-resistant, not child-proof.)
16. Keep a record of side effects or allergic reactions you have had to medications. Tell your doctor if you think you are experiencing what you think may be a side effect.
17. Always read the label—don't trust your memory.
18. Always bring all your current medications (or at least an updated list) with you when you visit a doctor, dentist or are admitted to the hospital.
19. Don't take medications as a substitute for other ways to feel good. Friends, good food and regular exercise can help you feel better.
20. And remember – ASK QUESTIONS!!!

Tips on Living Healthier

Submitted by Bob Cannella, PI Member (NIH-National Institutes of Health)

1. Healthy Eating

- Eat more nutrient-dense foods.
- Control portion sizes.
- Plan and prepare your own meals.
- Ask your health care provider about healthy eating plans.

2. Keep Active

Do something to keep fit each day—something you enjoy that maintains strength, balance and flexibility and promotes cardiovascular health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls and look and feel better, too.

3. Being Good to Yourself

- Get enough sleep.
- Stay in touch with family and friends to keep your spirits up.
- Join a walking group or other social group.
- Surround yourself with people you enjoy.



Town of North Hempstead
 220 Plandome Road
 Manhasset, NY 11030

PRST STD
 U.S. Postage
 PAID
 Flushing
 New York
 Permit No. 460

2017 S.T.O.P. Program (Stop Throwing Out Pollutants)

Saturday, June 24

Westbury High School

Saturday, October 28

Sunday, October 29

North Hempstead Beach Park North Lot

Drop off Time: 9 a.m. - 3 p.m.

SAVE THE DATE:

**The 4th Regional Aging
 in Place in Suburbia Conference
 and Expo: Toolbox for
 Living Well**

Wednesday, October 18, 2017

The North Hempstead
 "Yes We Can" Community Center,
 Westbury, NY 11590

Funday Monday

All North Hempstead Seniors-Join us at North Hempstead Beach Park on Mondays in July and August (rain date Thursdays) from 10 a.m. to 2 p.m. for dancing, entertainment, card playing and socializing. Transportation available. Call 311 or 869-6311.

Town of North Hempstead "Project Independence and You" Radio Show Tune in Fridays from 10 a.m. to Noon on 88.1FM or WCWP.org

"Project Independence and You" is in its sixth year. The program's mission is to inform and entertain our age 60 and older audience in the listening area, which includes northern and central Nassau County. Past guests have included elected officials, medical experts, mental health experts, representatives of community based organizations, authors, experts from varying fields, interesting Project Independence members, and Veterans. This year's new segment, Talk of the Town, discusses upcoming programs, events and what is going on within the Town!

Tune in, Become a co-host, Record your story!
 Call 311 or 869-6311 for more information.

Veterans Discounts

The Town's Veterans Discount program encourages local businesses throughout North Hempstead to provide discounts for veterans, as a way of saying thank you for their service. We encourage you to reach out to your favorite local business and spread the word about this initiative. For more information on businesses in your area who are participating, please visit www.NorthHempsteadNY.gov/Veterans.

If you are interested in signing up for the Project Independence Monthly Email Newsletter, please call 311 or 869-6311.



Town
 Supervisor
**Judi
 Bosworth**



Council Member,
 Dist. 1
**Viviana
 Russell**



Council Member,
 Dist. 2
**Peter J.
 Zuckerman**



Council Member,
 Dist. 3
**Angelo P.
 Ferrara**



Council Member,
 Dist. 4
**Anna M.
 Kaplan**



Council Member,
 Dist. 5
**Lee R.
 Seeman**



Council Member,
 Dist. 6
**Dina M.
 De Giorgio**



Town Clerk
**Wayne H.
 Wink, Jr.**



Receiver of
 Taxes
**Charles
 Berman**

Call 311 or visit www.northhempsteadny.gov for more Town information.

STAY CONNECTED



PRINTED ON RECYCLED PAPER.
 PLEASE RECYCLE AFTER USE.



Download the
 'My North Hempstead' App
 in the iTunes app store or
 on Google Play