



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. 12 NO. 2

SPRING 2018

GREETINGS!

Happy Older Americans Month! 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 "Engage at Every Age." This theme is such a great motto for our Project Independence members because it emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental and emotional well-being! I am so proud that Project Independence is able to offer so many beneficial services to our senior residents so they can continue to engage at every age.

Our senior citizens value and utilize Project Independence and much of its success is due to their active participation. Members utilize many services each week, which includes our free and discounted taxi services, free health screenings, nutrition and fitness classes and much more!

I hope you all continue to engage at every age and celebrate Older Americans Month with pride!

Warm Regards,

Judi Bosworth

Judi Bosworth
North Hempstead Town Supervisor





**OLDER
AMERICANS
MONTH**

ENGAGE AT EVERY AGE: MAY 2018

Engage at Every Age

Across the country, older Americans—a rapidly growing population—are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experiences with future generations, and they are giving back to enrich their communities. They are working and volunteering, mentoring and learning, leading and engaging.

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, every May offers opportunity to hear from, support and celebrate our nation's elders. This year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where you are in life.

It is becoming more apparent that remaining socially engaged can improve the quality of life for older adults. Project Independence offers many programs to keep seniors engaged including social groups, community education chats, exercise classes, advisory committees, current events groups, brain games, the Project Independence and You Radio Show, volunteer opportunities, and seasonal events throughout the Town. Call 311 or 869-6311 to get more information or to sign up today!

Congrats to Project Independence!

Project Independence (PI) has been in existence for over 10 years, and reached its 200,000th service request in February. One of the major reasons for its success is the involvement of an enormous array of community partners, both public and private sector, business and not-for-profits. Without duplicating services, Project Independence serves as a hub and a "connector" to all the services offered to those aging in place in the community. We would like to give a special thank you to our partners, Northwell Health, JASA (Jewish Association for Services to the Aged), NuHealth, The Rehabilitation Institute (TRI), Rebuilding Together LI, NYU Winthrop Hospital, St. Francis Hospital, North Shore Child and Family Guidance, EAC Network, LIU Post, Adelphi University, Hofstra University, Delux Transportation, Taxi Hispano Express, All Islands Transportation and others!





The Project Independence social workers and nurses are the heart and soul of the program.



PI Gerontologist and Veterans Caseworker Gail Selis (right)

You can visit a PI social worker or nurse in their offices throughout the Town, or schedule a home visit. Call 311 or 869-6311 for more information.

Below is a list of services provided by PI nurses and social workers:

Nursing Services

- Blood pressure screening and monitoring of other chronic conditions
- Health information and education
- In-home assessment
- Medication management counseling and information
- Referral to home healthcare services
- Healthcare coordination

- Fall prevention screenings and education
- Brain games

Social Work Services

- Individual, family and group counseling
- In-home assessment
- Case management
- Bereavement support
- Caregiver assistance (support groups-spouse and parent)
- Advance directive education
- Entitlements/benefits assessments and assistance (food stamps, home heating, low-income programs)
- Disability resource information
- Financial counseling referrals
- Food and nutrition support (Meals on Wheels, food pantries) referrals
- Medicare, Medicaid or other health insurance information
- Mental health referrals
- Respite care referrals
- Transition assistance from hospital to home or rehabilitation
- Support groups
- Veterans assistance
- Circle of Support (Life planning tool)
- Brain games & mindfulness coloring



PI Nurse Joanne Tricarico (left) checks blood pressure of PI Member

the **CARING CORNER**

Mr. A's daughter called requesting information about PI services. The PI nurse and social worker met the daughter and her elderly parents in the parents' home. Both parents were experiencing declining health status. The client's children are overwhelmed with trying to meet their parents' needs and are dealing with personal and health issues of their own. They were given information about PI nursing and social work services and transportation offerings through the Town. Mr. A is a veteran, and the nurse and social worker were able to put him in contact with the PI Veterans Caseworker Gail Selis, who assisted with obtaining entitlements, such as a stair lift and other safety equipment for Mr. A. Mr. A has multiple falls and Mrs. A

is weak and overwhelmed as his caretaker. The nurse assisted with providing information and gave referrals to home care services for physical therapy at home, and private hiring home health aide services. The social worker is assisting with the ABLE RIDE application. Together they have been counseling and assisting the family to help their parents realize their limitations and give them resources to help them to age in place safely. The family continues to utilize the PI nursing and SW services to help guide them to effectively assist their parents, and also to help them cope with the overwhelming issues and responsibilities concerning their parents.



Is Show Business for You?

By Otto Lohse (PI Member)



Supervisor Bosworth at Project Independence Radio Show

Well maybe not Broadway — we are talking radio, one of the older forms of providing information and entertaining people.

Every week a show called “Project Independence and

You” is broadcasted on WCWP 88.1 FM/WCWP.org from a studio at LIU Post. You can also now listen to the show on your mobile device by downloading the app. Guests on the show chat about a wide variety of subjects intended to inform and assist seniors, caregivers, family members and professionals about remaining knowledgeable and independent for as long as possible. To hear past episodes go to www.northhempsteadny.gov/PI-Radio-Shows and browse through 6 years of past shows. You can use the search bar at the top to search by keywords as well.

The host is John Ryan and the show is produced by Kristina Lew. Every show also includes a co-host

who is a member of Project Independence which really adds to the concept of listening to the people who are served by our program. I have been a co-host for the past 6 years and love every minute of the experience, while at the same time gaining some very valuable knowledge.

We are always looking for Project Independence members to be co-hosts! This requires no previous experience other than the experience we all gain from life. The only prerequisites are curiosity and wanting to learn new things. Even though part of the fun is doing a little bit of research about the topics when preparing for the show, Kristina Lew sends you a packet of information on the guests and topics. The format of the show is conversational... you feel like you are sitting around the kitchen table, just having an interesting discussion.

There is no long term commitment involved. You can come to the studio and watch a show. If you would like to learn more about participating in the show as a co-host call 311 or 869-6311.

It’s never too late to become a STAR!

A Testimonial from Rita Grinsell, PI Member from Williston Park

If you are a senior living in the Town of North Hempstead and you are not a member of Project Independence, stop now and dial 311 to join! The benefits are amazing and the list is long. It includes nursing services, social work services, transportation, mobility management, as well as social and recreational services.

More than once I have used the services of the nurse assigned to my area, as well as the services of the social workers. They were so helpful and understanding and eased all my anxieties of aging in place.

There is a taxi service to take you to doctor visits at reasonable prices or food shopping at no charge. There is a free Help at Home Program, that I have used for help around the house including washing the windows, gutter cleaning, moving heavy items and light yard work. I just called 311 and the PI social worker arranged everything!

We are lucky to live in the Town of North Hempstead where staff and elected officials care about residents 60 and over. Thank you Project Independence!



The Help at Home Program

Through an agreement with TRI (The Rehabilitation Institute), Project Independence offers a program which is meeting one of the major needs cited by seniors throughout the Town—the need for assistance with household chores they can no longer manage themselves, such as gutter cleaning, floor care (mopping or sweeping), window cleaning (1st floor), moving heavy objects, replace batteries/detectors/light bulbs and light yard work. Since 2010, over 1,150 jobs have been provided. TRI provides job training and placement for people with developmental disabilities. Through the partnership with PI, these trainees, always accompanied by a job coach, go to the homes of the seniors and provide the necessary work. A PI social worker is involved throughout the process. The program can be used three times a year, and there is no charge for the service, but the homeowner/renter might have to pay for or provide any supplies needed.

The TRI Help at Home Program-Benefiting Seniors and the TRI Workers



Harold, TRI Worker and Susan Feifer, Director of Vocational Services at TRI

Harold would be the first to tell you he did not always make the best decisions in life.

Despite being raised in a loving home, graduating high school and college, he chose to run around with the wrong group. Most of his adult life was spent moving from dead end job to dead end job. He did not learn any specific

skills he could utilize, and felt hopeless about his future.

In 2011, he made a series of better choices and he married an amazing woman who is a teacher and a preacher's daughter. She helped lead Harold back to the church and he felt an instant calling that he was "home." He reached out for training to be able to support his new family and sought training at TRI Business and Career Training Center. TRI works with underserved people who are motivated to work and become self-sufficient.

As part of the Building Maintenance training at TRI, Harold participated in the Project Independence program through the Town of North Hempstead's

Department of Services for the Aging. As an innovative joint venture between the Town and TRI, seniors are able to request assistance with general maintenance and repairs which allow them to remain in their homes. Students, such as Harold, are given the opportunity to practice what they have learned in class and interact with homeowners and handle their requests. TRI teaches customer service classes which prepare the students for re-entry into the world of competitive employment.

Harold excelled at his assignments and was well liked by the seniors he served. He was a guest on North Hempstead's Radio Show, Project Independence and You, and soon after graduation became employed full-time at a local college. His work through Project Independence was an integral part of his resume and helped him get the position.

Today Harold and his wife are homeowners and the parents of one son and another on the way. Still employed at the college, Harold has gone back to school in his spare time and is completing his degree in Divinity Studies. He is an active part of his local church and aspires to be a pastor.

Harold visits TRI often with his growing family. He is proud of his accomplishments and is proud of his ability to give back to the communities that supported him.



A Chill from the Nor'Easter Brings Warm Appreciation for PI Taxi Services

By Chari Biton, PI Senior Mobility Manager



Recently during preparations for the 4th Nor'Easter—with uncertain amount of snow accumulation—I called upcoming PI Taxi riders to alert them to follow the weather and that taxi service might be impacted. In the course of the calls, I found people to be very understanding, and so many were full of spontaneous heart-warming compliments.

A 93-year-young regular PI Taxi rider said, “The service is a life changer, it is not just wonderful, there are people who actually care to follow up like this, drivers who actually help by bringing bags to the door. I am so grateful!”

A new rider, 86, said she drives but not when the snow is blocking the car in the driveway. She heard about the taxi service from her friend who said, “For heaven’s sake, haven’t you heard of Project Independence?!” The rider went on to say, “It is so nice to know there’s someone out there looking out for us seniors. Once I found myself alone, at my age, I am looking for trustworthy services. You and others in PI are doing something nice for someone else; it makes a difference in our lives. Thank you.”

In the conversation the need for a trustworthy handyman came up, for small jobs such as light bulb changing. I referred to the Help at Home program, which she did not know about before.

This PI Taxi service is making a difference to our seniors, and the ongoing connection gives the opportunity to inform about other services as they are needed. Our Town’s seniors are very happy to be a part of this wonderful Project Independence Program, with services to help seniors remain in their homes. And we here at the Town are continually reinvigorated with the warm appreciation we receive in return.

Blankets of Love

The Project Independence Blankets of Love group started in January 2012. During the six years that the group has been meeting, 55 people have volunteered their time to make blanket squares and sew blankets. The group completed 179 blankets that have been given to people in need. In addition, 305 squares were given to another volunteer group to be sewn into more blankets. The Project Independence Blankets of Love group also donated 22 handmade scarves to women recovering from heart disease.

Thank you to all the Blankets of Love volunteers for their hard work, good humor, dedication and commitment to the task!

In addition to the Blankets of Love Social Group, PI offers many programs to keep you active and social! Check out our PI Exercise Classes, Fall Prevention, ROMEO men’s social group, Senior Talk Group, Men’s Social Group, Social Discussion Group, Current Events Groups, Games People Play, Mindfulness Coloring, Community Education Chats and more! Call 311 or 869-6311 for more information.





Rest in Peace to a true Pioneer, Gerald Peretsman



Gerald Peretsman, a resident of Russell Gardens for more than five decades, passed away peacefully in his home on March 4, at the age of 89.

A graduate of Massachusetts Institute of Technology and Columbia University, Peretsman was an executive in corporate finance at ITT, Irving Trust Company, and Bank of NY/Mellon.

He was extremely active in the local community, especially once he retired. He served as president of REAP (Retired, Energetic, Active People) and was honored in 2017 by the Town of North Hempstead for his major role in creating and cohosting the Project Independence radio station, WCWP, and in 2013 by Nassau County as an “outstanding individual”. In addition to his Radio Show contributions, Gerald was involved with Project Independence from the very beginning. He was an integral part of our PI family, sitting on our Great Neck Advisory Board, Pedestrian Safety Committee, PIONEER Newsletter Committee, and a member of the ROMEOS. It was a privilege and an honor to know him.

Gerald was a beloved husband of 55 years to his wife, Elinor who died in 2011, and a loving father to Miriam Peretsman and Julie Levy. He is also survived by his cherished grandchildren Sophie, Jack, Jake and Alec. Donations may be made in his memory to the Hannah Peretsman Breene Foundation (or 596 Longview Rd., South Orange NJ 07079)

Rebuilding Together LI

Since the beginning, PI has been partners with Rebuilding Together LI (RTLTI), the local chapter of a national volunteer organization to make home repairs and improvements for needy individuals and families. The Town contracts with the agency to pay for supplies and equipment like grab bars, ramps and railings, to be installed in the homes of PI members who meet the agency’s income requirements. For those who do not meet the RTLTI income criteria, RTLTI makes referrals to reputable contractors.

The Impact of Rebuilding Together LI for Ms. S

Ms. S is a 96-year-old homebound woman who only uses a wheelchair. Her daughter lives with her and has her own physical limitations. While Ms. S qualified for Managed Long Term Care (MLTC), which provides care at home, she still needed to get out to doctor appointments. It had become too difficult for Ms. S’s daughter to wheel her mother out of the house where there are several steps. The PI social worker referred the family to Rebuilding Together Long Island (RTLTI) for a ramp to be built. Within approximately six weeks RTLTI volunteers built a ramp at her front door. Ms. S and her daughter stated RTLTI was “extremely efficient and did a fantastic job!” Having a ramp has made a big difference in the family feeling more confident and comfortable in getting to doctor appointments.

The Impact of Rebuilding Together LI for Mrs. M

Mrs. M needed a ramp put in, and her daughter sent this in to PI: “This is a life-altering event for my mom. She has such severe dementia, and cannot negotiate even one step without severe difficulty so this is wonderful. It has been a very positive experience from the first contact with PI social worker and every member of the crew at Rebuilding Together LI. The volunteers were knowledgeable, pleasant and efficient. Thank you to PI and RTLTI!”

RTLTI volunteers installing a ramp in Mineola





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220 Plandome Road
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9th Annual Asian-American Festival

May 19th from 12 p.m. to 5 p.m.
North Hempstead Beach Park
Enjoy cultural performances and a lively market filled with arts and crafts, shopping, and the delicious cuisines.

Annual Memorial Day Commemoration and Fireworks Extravaganza

May 26 at 6 p.m.
North Hempstead Beach Park

Funday Monday kicks off

July 9 at 10 a.m.
North Hempstead Beach Park

BeachFeast

August 18 at 12 p.m.
North Hempstead Beach Park

Call 311 or 869-6311 for more information on upcoming events!

S.T.O.P. Program

Dispose of your unwanted household chemicals, securely shred sensitive documents and donate gently used clothing all in one place!

Saturday, June 23

Westbury High School

Saturday, October 20 and Sunday, October 21

North Hempstead Beach Park

All S.T.O.P events are from 9 a.m. to 3 p.m.

Join a Project Independence Advisory Committee and Make a Difference!

The senior advisory committees meet monthly and discuss the needs of Town residents 60 and over and offer suggestions for new programs.

Stay Informed!

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.

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