



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. 15 NO. 2

FALL 2021

MESSAGE FROM SUPERVISOR BOSWORTH:

I hope you all had a great summer. Your continued participation in Project Independence is what keeps this program so vital. The pandemic has certainly taught us the importance of being ready for all scenarios. Hopefully, you will find this new issue of the Pioneer helpful. It has important information regarding emergency preparedness, including fire safety, home safety, and scam prevention as well as tips to enhance your physical and mental health.

As the warm weather ends, and we move inside, it is important to keep COVID precautions in mind.

Please continue to be smart and stay safe.

Warm regards,

Judi Bosworth

Judi Bosworth
North Hempstead
Town Supervisor



Practice Gratitude Daily

Even though there is a lot of emphasis on the physical health effects of COVID-19 right now, your mental health is just as important. Practicing gratitude has incredible effects, from improving our mental health to boosting our relationships with others. Gratitude is about giving thanks for the good things in your life, large, and small. It is both a practice and a good way of looking at the world. Many studies show that regularly practicing gratitude can have some wonderful health benefits.



1. **Keep a gratitude journal**
Sit down each day and take a few notes on what you are grateful for that day. Practice the “three things” routine.



2. **Appreciate the little things in life that bring you joy**
Realize there is nothing too small for you to be grateful for.



3. **Practice acts of kindness**
Give back and pay it forward.



4. **Get outside and take in nature’s beauty**
Experiencing nature’s beauty increases positive feelings which leads to positive behavior and gratitude.



5. **Say thank you every day and share messages of thanks with your friends and family**
Do good, feel good!

Just remember, there is always something to be grateful for!



Get Prepared!

(Ready.gov)

Get Informed

- Know what disasters could affect your area, which could call for an evacuation and when to shelter in place.
- Keep a NOAA Weather Radio tuned to your local emergency station and monitor TV, radio and follow mobile alert and mobile warnings about severe weather in your area.
- Download the FEMA app and get weather alerts from the National Weather Service for up to five different locations anywhere in the United States.

Make a Plan

Determine any special assistance you may need and include in your emergency plan.

- Create a support network of family, friends and others who can assist you during an emergency and share your disaster plans with them. Practice your plan with them.
- Make sure they have an extra key to your home, know where you keep your emergency supplies and how to use lifesaving equipment or administer medicine.
- If you undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to identify back-up service providers.
- If you have a communication-related disability, note the best way to communicate with you.
- Don't forget your pets or service animals. Not all shelters accept pets, so plan for alternatives.
 - o Consider loved ones or friends outside of your immediate area.
 - o Prepare an emergency kit for your pet.



Get Your Benefits Electronically

A disaster can disrupt mail service for days or weeks. If you depend on Social Security or other regular benefits switching to electronic payments is a simple, important way to protect yourself financially before disaster strikes. It also eliminates the risk of stolen checks. The U.S. Department of the Treasury recommends two safer ways to get federal benefits:

- Direct deposit to a checking or savings account. If you get federal benefits you can sign up by calling 800-333-1795 or sign up online.
- The Direct Express® prepaid debit card is designed as a safe and easy alternative to paper.

Build A Kit

Make sure your emergency kit is stocked with the items on the checklist below. Download a printable version to take with you to the store. Once you take a look at the basic items consider what unique needs your family might have, such as supplies for pets or seniors.

Basic Disaster Supplies Kit

- Water and non-perishable food for several days
- Extra cell phone battery charger
- Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Non-sparking wrench or pliers to turn off utilities
- Can opener (if kit contains canned food)
- Local maps
- Cell phone with chargers and backup battery
- Masks, soap, hand sanitizer, and disinfecting wipes

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.



Fire Safety for Older Adults

National Fire Protection Association NFPA.org

Knowing what to do in the event of a fire is particularly important for older adults. At age 65, people are twice as likely to be killed or injured by fires compared to the population at large. And with our numbers growing every year - in the United States and Canada, adults age 65 and older make up about 12 percent of the population - it's essential to take the necessary steps to stay safe.

How to Prevent Fires

- 1. If you smoke, smoke outside.** Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand. Never smoke in bed. Never smoke if oxygen is used in the home.
- 2. Give space heaters space.** Keep them at least 3 feet (1 meter) away from anything that can burn including you. Shut off heaters when you leave or go to bed.
- 3. Stay in the kitchen when frying food.** Never leave cooking unattended. Wear tight-fitting or short sleeves when cooking. Use oven mitts to handle hot pans. If a pan of food catches fire, slide a lid over it and turn off that burner. Don't cook if you are drowsy from alcohol or medication.
- 4. Stop, drop, and roll.** If your clothes catch on fire stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put out the fire. Use cool water for 3-5 minutes to cool the burn. Get medical help right away.
- 5. Smoke alarms save lives.** Have smoke alarms installed on every level of your home, inside each bedroom, and outside each sleeping area. For the best protection, use interconnected alarms so when one sounds, they all sound. Make sure everyone in your home can hear the smoke alarms. Test the alarms monthly.
- 6. Plan and practice your escape from fire and smoke.** If possible, plan two ways out of every room in your home and two ways of your home. Make sure windows and doors open easily. If the smoke alarm sounds, get outside and stay outside.
- 7. Know your local emergency number.** Your emergency number may be 9-1-1 or the fire department's phone number. Once you have escaped a fire, call the fire department from a neighbor's phone or cell phone.
- 8. Plan your escape around your abilities.** Have a telephone near your bed in case you are trapped by smoke or fire. Have other necessary items near your bed, such as medications, glasses, wheel chair, walker, scooter or cane.



Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.



Fall Prevention and Home Safety

Each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again.



Home Safety Checklist

Prevent Falls

Yes No

Do you exercise regularly?

Tip: Regular exercise such as Tai Chi, builds your strength and improves your balance and coordination. Ask your doctor about the best physical exercise for you.

Yes No

Do you take your time getting up to answer the phone or doorbell?

Tip: Rise slowly. Do not rush. Sit a moment before you get out of your bed. Stand and get your balance before you walk.

Yes No

Do you keep walking areas and stairways clear of tripping hazards, such as papers, books, electrical cords, and shoes?

Tip: Are sidewalks, outdoor steps, and walkways kept clear of ice and snow?

Tip: If needed, ask for help with snow and ice removal.

Yes No

Do your throw rugs have rubber, non-skid backing?

Tip: If you must have scatter rugs, make sure they lay flat and do not slide when you step on them.

Yes No

Is your carpeting in good condition?

Tip: Make sure carpeting is not wrinkled, torn, or worn. If it is, ask for help repairing or replacing the carpeting.

Yes No

Are there sturdy, easy-to-grip handrails on both sides of the stairs?

 www.nfpa.org/rememberingwhen



Remembering When™ A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

Yes No

Do you have nightlights along the path between your bedroom and the bathroom?

Yes No

Do you turn on the lights before you use the stairs?

Tip: Stairways should be well lit from both the top and the bottom.

Yes No

Does every room have a light switch that can be reached from the doorway?

Tip: Ask for help installing new light switches, if needed.

Yes No

Have you had your eyes checked?

Tip: See an eye specialist once a year. Poor vision can increase your chance of falling.

Yes No

Have you talked to your doctor about medications that could affect your balance and coordination?

Tip: Have your doctor or pharmacist review all medications, including over-the-counter drugs.

Yes No

Do you wear sturdy, well-fitting, low-heeled shoes with non-slip soles?

Tip: Avoid high heels, thick-soled athletic shoes, slippers, or stocking feet.



Yes No

Are there non-slip mats in and outside bathtubs and showers?

Tip: Wipe up spills & drips quickly. Wet floors are slippery.

Yes No

Do you have grab bars in tubs, showers, and near all toilets?

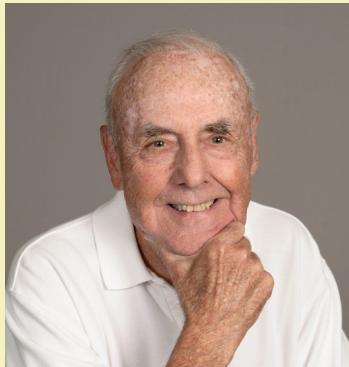
Tip: Never use a towel rack or shower rod for support.



Project Independence and You Radio Show

On September 24, the Project Independence and You Radio Show celebrated its 10th Anniversary. There have been over 500 shows! Over the years the show has evolved into a community radio program with content that is beneficial to residents of all ages ranging from discussions on mental health awareness to government officials to interesting residents. Listen to the show on Fridays from 10 a.m. to 12 p.m. on WCWP 88.1 FM or wcwp.org or download the app. Past episodes are available at www.northhempsteadny.gov/PI-Radio-Shows. You can also watch videos for various episodes including Talk of the Town on North Hempstead TV, on Cablevision Channel 18 or 63 or Verizon FIOS Channel 46 or on the WCWP YouTube page. The show usually airs at 9 a.m. and 2 p.m. daily, but check out www.myNHTV.com for up to date schedules.





Coulda, Woulda, Shoulda

by Otto Lohse (PI Member)

At some point in your life, you've probably heard these words. They may sound trite but there is a lot of meaning here. Simply put – you can't change things when they are over but you could have planned to minimize the impact of any emergency. We all have a tendency to procrastinate, especially when it comes to preparing for things that are not pleasant – emergencies caused by fire, health, weather or outside intrusions like COVID. The preparation / prevention process can be overwhelming at any age but even more as you age.

A great deal of information about preparing for emergencies is available on the internet. Here are a few links with excellent ideas focused towards seniors – there are many more. For non-computer folks you can call 311 and request this information from Project Independence. Many thoughts are also available in today's Project Independence newsletter.

www.redcross.org/get-help/how-to-prepare-for-emergencies/older-adults.html

www.ready.gov/seniors

A key first step is to establish your Circle of Support – your contact network. Call 311 and request the Project Independence "Circle of Support" booklet. They will also provide guidance in preparing your Circle of Support.

Bottom line - start your preparedness plans now. As the old story goes – you cannot buy fire insurance after your house has burned down.

Sign up today for a PI Social Group or Community Education Chat by calling 311 or 516-869-6311

Golden Hearts Bingo & BP Screening

Thursdays from 11 a.m.-12 p.m.

Roslyn Community Center, Roslyn Heights

Virtual Project Independence Social Discussion Group

Thursdays from 11:30 a.m.-12:30 p.m.

Virtual What Matters to You Men's Community Group

Fridays from 10:30-11:30 a.m.

Blankets of Love

Tuesdays from 1 p.m. to 2 p.m.

Clinton G. Martin Park, New Hyde Park

Medicare Part D-Which plan is right for you? Phone Appointments available Tuesday, November 9, 2021 and November 16, 2021 between 9 a.m. to 12 p.m.

Fridays at Yes We Can - Fall 2021- Exercise for Balance and Strength. What in the World is Going On? and Color Me Calm-Fridays starting at 9:30am North Hempstead "Yes We Can" Community Center

In Person Project Independence Exercise Classes FALL 2021

Fitness, Yoga, Tai Chi

There is a 1 class limit per participant. Current safety protocol requires social distancing. Classes are filling up fast!

CALL 311 or 869-6311 TO REGISTER (1 CLASS LIMIT PER WEEK). MUST PRESENT RESERVATION CODE BEFORE YOUR CLASS.

Please note- Classes are subject to change (day-to-day), pending current safety protocol updates.

You can also watch classes on Channel 18 or Channel 63 on Optimum or Channel 46 on Verizon Fios. View the schedule at mynhtv.com/schedule You can find the exercise classes on demand at mynhtv.com/fitness

North Hempstead pledges to not remain silent in the face of hate crimes, intolerance, or violence. Join us in taking the Not In Our Town pledge too.



Project Independence Taxi Transportation

Project Independence continues to provide vital transportation services for our Town seniors. Many travel accommodations were made to keep all riders safe during these complex times. As we head in the "return to normal" direction, many of these accommodations will remain in place to ensure that safe and efficient travel continues.

Project Independence Taxi "return to normal" changes:

- PI taxi riders still travel alone and will not be combined with other parties.
- Please call the 311 Call Center at least one day in advance for your reservation. Same day rides are no longer available.
- Call in rides before 5 p.m. for next day travel. Reservations for next day travel will not be accepted after 5 p.m.
- PI Taxi now runs Monday through Friday only, for both medical and food shopping.
- Please avoid travel during rush hour as delays are likely. For medical trips, it is best to travel between 10 a.m. and 4 p.m. when taxis are less busy.
- PI Taxi food shopping runs 10 a.m. to 2 p.m. on weekdays. The last time to return is 2 p.m. If you do not have a cell phone, it is recommended that you pre-schedule your return trip time. If needed, an aide may travel with you for assistance at no additional cost.
- PI Taxi food shopping is limited to twice a week; you

choose the two days, and you can select the local food market of your choice.

- Food shopping will remain at no cost to riders.
- To keep the PI Taxi Medical fare affordable, there is now a flat rate of \$5 cash each way (this will be re-assessed by the Town and is subject to change). If needed, an aide may travel with you for assistance at no additional cost.

Remember:

- Always follow the public transportation guidelines and wear your mask in the vehicle.
- Always dial (516) 869-6311 to reach the Town's Call Center to book your rides, and for assistance along the way. Please save this number to your contacts.
- Always tell the taxi dispatcher that you are a Project Independence rider when requesting your return ride.
- Avoid travel during rush-hour. Taxi companies are extremely busy during rush hour, have fewer drivers available, and traffic is always heavy. Long delays are inevitable.

If you are unable to connect with your assigned Taxi company for your return ride, please dial the Town's Call Center at (516) 869-6311 for assistance.

Due to frequent changes in safety protocol mandates, PI program adjustments may be required.

If you have any questions about PI Taxi services, please call (516) 869-6311 and request to speak with a PI team member.

Tips to Cope with COVID-19 Re-entry Anxiety

When the COVID-19 pandemic first hit, the Project Independence (PI) Social Work and Nurse Team immediately found creative ways to connect to seniors remotely. They worked tirelessly to help ease seniors' fears of isolation, anxiety and fears of getting food, medical management and many other services. And as the region begins to reopen, the PI team understands that there is still a level of fear and anxiety that many seniors have. Many may be experiencing "FOGO" (Fear of Going Out). While you can now visit a social worker or nurse in their office, the option of telephone calls or virtual programming is still being offered. Here are some helpful tips for easing re-entry.

1. It's okay to feel anxious

It is important to give yourself permission to feel anxious and understand that your feelings are natural, normal and shared by many.

2. Take baby steps!

Easing your way back into certain activities or events helps to reduce some anxiety and stress.

3. Focus on the facts

Focusing on the facts can help you make informed decisions. It is important to get your information from trusted sources.

4. Practice Mindfulness

During these uncertain times, it is so important to engage in healthy routines, both for your physical and mental health. Be present in the moment and in your emotions. Eat well, move daily, sleep lots and be good to yourself.

If you are experiencing anxiety or stress, connect with a PI Social Worker or Nurse today. Call 311 or 516-869-6311.



COVID-19 Scams

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19). Scammers are using telemarketing calls, text messages, social media platforms, and door-to-door visits to perpetrate COVID-19-related scams.



Fraudsters are offering COVID-19 tests, HHS grants, and Medicare prescription cards in exchange for personal details, including Medicare information. However, these services are unapproved and illegitimate.

These scammers use the coronavirus pandemic to benefit themselves, and beneficiaries face potential harm. The personal information collected can be used to fraudulently bill federal health care programs and commit medical identity theft.

Protect Yourself

- Do not buy fake vaccine cards, do not make your own vaccine cards, and do not fill-in blank vaccination record cards with false information.
- As volunteers go door-to-door to inform communities across the country about COVID-19 vaccines, be sure to protect yourself from criminals who are seeking to commit fraud. Do not provide personal, medical, or financial details to anyone in exchange for vaccine information, and obtain vaccinations from trusted providers.
- Offers to purchase COVID-19 vaccination cards are scams. Valid proof of COVID-19 vaccination can only be provided to individuals by legitimate providers administering vaccines.
- Be cautious of COVID-19 survey scams. Do not give your personal, medical, or financial information to anyone claiming to offer money or gifts in exchange for your participation in a COVID-19 vaccine survey.
- Photos of COVID-19 vaccination cards should not be shared on social media. Posting content that includes your date of birth, health care details or other personally identifiable information can be used to steal your identity.
- Beneficiaries should be cautious of unsolicited requests for their personal, medical, and financial information. Medicare will not call beneficiaries to offer COVID-19 related products, services, or benefit review.
- Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If you receive a suspicious call, hang up immediately.
- Do not respond to, or open hyperlinks in, text messages about COVID-19 from unknown individuals.
- Ignore offers or advertisements for COVID-19 testing or treatments on social media sites. If you make an appointment for a COVID-19 test online, make sure the location is an official testing site.
- Do not give your personal or financial information to anyone claiming to offer HHS grants related to COVID-19.
- Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare number, financial information, or attempt to set up a COVID-19 test for you and collect payment information for the test.
- If you suspect COVID-19 health care fraud, report it immediately online or call 800-HHS-TIPS (800-447-8477).

Next Project Independence Virtual Advisory Committee Meeting

Feeling uncertain, overwhelmed, or anxious?

NY Project Hope is here to talk, listen and support. (Helpline-516-992-HOPE (4673))

Join us at the next Project Independence (PI) Virtual Advisory Committee on Monday, October 25 at 11 a.m. via Zoom to find out more information on Project Hope and additional PI services. To register, call 311 or 516-869-6311.

Call 311 or
516-869-6311 to sign
up for the PI monthly
email newsletter to get
up date information on
programs and events!



Town of North Hempstead
220 Plandome Road
Manhasset, NY 11030

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Garden City
NY, 11530
Permit No. 460

S.T.O.P (Stop Throwing Out Pollutants) Program
Saturday, November 13 from 9 a.m. to 3 p.m.
North Hempstead Beach Park North Lot
The S.T.O.P. (Stop Throwing Out Pollutants) program offers residents of North Hempstead the opportunity to dispose of their household hazardous waste in an environmentally friendly manner and shredding services.

"Shed the Meds" Pharmaceutical Drop-Off Event

Saturday, December 11 from 8 a.m. to 12 p.m.
at Michael J. Tully Park

Vietnam Veterans Moving Wall

Available to view 24 hours a day starting Friday, October 15 through Sunday, October 17. North Hempstead Beach Park

Thank You to Our Veterans Luncheon

Friday, October 22 from 11 a.m. to 2 p.m.
at Clinton G. Martin Park (Outdoors)
Veterans from all branches of the military are invited to attend this free luncheon.

Senior Halloween Dance

Friday, October 29 from 11 a.m. to 2 p.m.
at Clinton G. Martin Park (Outdoors)

LuminoCity Festival

Set upon a world lit up with towering luminescent sculptures. The immersive outdoor event will be a festive, and timed entry experience for guests of all ages! November 12, 2021 to January 9, 2022 from 4:30 p.m. to 9:30 p.m. at Whitney Pond Park, Manhasset NY. Tickets must be purchased online at www.luminocityfestival.com.

Call 311 or 516-869-6311 to register for any of these events or programs.

Prepare for the upcoming Flu Season, and get a Flu Shot

2021 FREE Seasonal Flu Shots

Any Town of North Hempstead resident aged 60 and older can register for any of the locations listed. APPOINTMENTS REQUIRED. Please bring your Medicare card. Please call 311 or 516-869-6311 to make an appointment or for more information.

Monday, October 18

10 a.m. to 12 p.m.

Clinton G. Martin Park

Tuesday, October 19

10 a.m. to 12 p.m.

Port Washington Adult Activities Center

Wednesday, October 20

10 a.m. to 12 p.m.

Great Neck Social Center

Wednesday, October 27

10 a.m. to 12 p.m.

North Hempstead "Yes We Can" Community Center (PI Lounge)

Booster shots are now available for Seniors 65+ who completed their Pfizer vaccine series 6 months ago.

Call 311 or 516-869-6311 for up to date information.

2021 Saint Francis Hospital Outreach Bus-FREE Health Screenings

The screenings include a brief cardiac history, blood pressure, simple blood test for Cholesterol, and Diabetes screenings with appropriate patient education and referrals as needed for clients above the age of 18. Flu shots provided if available. No appointment is necessary.

Thursday, October 21

10 a.m.-2 p.m.

North Hempstead "Yes We Can" Community Center

Wednesday, October 27

10 a.m.-2 p.m.

Clinton G. Martin Park

Monday, November 8

10 a.m.-2 p.m.

Port Washington Adult Activities Center

Tuesday, November 9

10 a.m.-2 p.m.

Great Neck Social Center

Wednesday, November 17

10 a.m.-2 p.m.

Magnolia Gardens

Thursday, December 2

10 a.m.-2 p.m.

Manhasset Valley Residence

Please note all dates and times are subject to change. Please call 311 or 516-869-6311 before attending a program.



Town Supervisor
Judi Bosworth



Council Member,
District 1
Viviana L.
Russell



Council Member,
District 2
Peter J.
Zuckerman



Council Member,
District 3
Angelo P.
Ferrara



Council Member,
District 4
Veronica
Lurvey



Council Member,
District 5
Lee R.
Seeman



Council Member,
District 6
Mariann
Dalimonte



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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