

NORTH HEMPSTEAD TOWN SUPERVISOR JUDI BOSWORTH  
AND THE TOWN BOARD ARE PROUD TO PRESENT

# Project Independence E-News

## Project Independence June 2021 Newsletter

### Summer Safety Tips



#### Stay Hydrated

Drink 8 or more glasses of water per day to stay healthy & hydrated



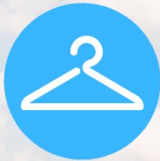
#### Know the Side Effects of Medications

Some medications have side effects such as drowsiness or sun sensitivity



#### Stay Cool

Stay in the A/C, indoors, go swimming, etc.



#### Wear Light, Loose Fitting Clothing

Wear breathable clothing and light colors that reflect the sun



#### Have Emergency Contacts

Have a list of people to call in case of emergency



#### Know the Weather Forecast

Plan your days accordingly depending on the weather

Enjoy the Summer Safely!



### Project Independence Social Discussion Group - Thursday, June 3, 10, 24, 2021

Come meet new friends via Zoom! Enjoy talking with others and meeting your neighbors. Open to North Hempstead residents age 60 and older. Facilitated by Andrea Taylor, LMSW (PI/EAC Social Worker). The group meets via Zoom on Thursdays from 11:30 a.m.-12:30 p.m.

North Hempstead Project Independence invites all Town residents 60 and over. If you are interested in participating, please call 311 or 516-869-6311 to register and receive a Zoom link. SPACE IS LIMITED.

[Learn more](#)

### What Matters to You Men's Community Group - Friday, June 4, 11, 18, 25, 2021

The group is open to all men, age 60 and over living in the Town of North Hempstead. Come and discuss topics via Zoom that are of mutual interest



to men living in this community. The group meets via Zoom on Fridays from 10:30-11:30 a.m.

If you are interested in participating, please call 311 or 516-869-6311 to register and receive a Zoom link.  
SPACE IS LIMITED.

[Learn more](#)



### **LIVE PI Exercise Classes via Zoom**

Come join us via Zoom at Project Independence's virtual LIVE fitness classes. These classes are geared for beginners and those who exercise regularly. Classes include strengthening, stretching, movement, and a little dancing too.

- Dance Fitness - Mondays, February 1 to June 14 at 2 p.m. with Margaret Gatzonis
- Fitness - Wednesdays, February 3 to June 16 at 10 a.m. with Mike Mancini
- Yoga - Thursdays, February 4 to June 17 at 11 a.m. with Suzanne Scalcione (even dates) and Rebecca Miller (odd dates)

North Hempstead Project Independence invites all Town residents 60 and over. REGISTRATION REQUIRED  
If you are interested in participating, please call 311 or 516-869-6311 to register and receive a Zoom link.

[Learn more](#)

### **Blankets of Love - Tuesday, June 8, 15, 22, 29, 2021**

The group provides an opportunity for seniors in the community to come together and work in a collaborative manner on a meaningful and rewarding project. Each blanket is donated to a worthy cause. The blankets have been given to various human service programs in Nassau County. The group meets on Tuesdays from 1 p.m. to 2 p.m. at Clinton G. Martin Park and via Zoom.



North Hempstead Project Independence invites all Town residents 60 and over. If you are interested in participating, please call 311 or 516-869-6311 to register and receive a Zoom link.  
SPACE IS LIMITED.

[Learn more](#)



### **World in Motion via Zoom - Wednesday, June 16, 2021**

Come join us on Zoom for a lively virtual discussion on current world issues! Presented by Professor Martha Cohen, PI Volunteer. The group meets via Zoom on Wednesday, June 2 & 16, 2021 from 1 p.m. to 2 p.m.

North Hempstead Project Independence invites all Town residents 60 and over. If you are interested in participating, please call 311 or 869-6311 to register and receive a Zoom link. SPACE IS LIMITED.

[Learn more](#)

### **Caregiver to a Spouse Support Group via Zoom - Wednesday, June 9, 16, 23, 30, 2021**

Facilitated by Gail Selis, Gerontologist (EAC/Project Independence). Learn new ways of coping with the demands of care giving. Gain a better understanding of your relationship with your loved one (over age 60). Learn to recognize the importance of meeting your own needs. Explore community resources. If you are age 60 or older and a resident of the Town of North Hempstead, you can take advantage of this group. The Zoom Group meets on Wednesdays from 3 p.m. to 4 p.m.



If you are interested in participating, please call 311 or 516-869-6311 to register and receive a Zoom link.

[Learn more](#)



## The Project Independence and You Radio Show

Tune in to the Project Independence and You Radio Show to hear the latest in COVID-19 updates from government officials and community organizations. After listening to an informative guest, be sure to listen to the Talk of the Town to find out about updates, programs and what's going on around Town! In addition to our scheduled programming, there will be weekly 15-minute COVID-19 updates from Nassau County.

Project Independence and You airs on Fridays from 10 a.m. to 12 p.m. on WCWP 88.1 FM or [wcwp.org](http://wcwp.org) or download the app. Past episodes are available at [www.northhempsteadny.gov/PI-Radio-Shows](http://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. The show usually airs daily, check out [www.myNHTV.com/schedule](http://www.myNHTV.com/schedule) for up-to-date schedules.

### Upcoming Shows:

- June 4- Tyronza Murray (Executive Director, "Yes We Can" Community Center) & Estefany Garay (Assistant to Commissioner for Cultural Development and Special Projects) to discuss Summer 2021 Programs at North Hempstead Parks & Yes We Can Community Center & County Executive Laura Curran to discuss Nassau County COVID-19 updates
- June 11-Lauren Laurore (Program Manager, Big Brothers Big Sisters of Long Island) & Meredith Michaels (Director of Development) & Dru (Christy) Druzynski (Big Sister) & Diamond (Little Sister) to discuss Big Brothers and Big Sisters of Long Island & Congressman Tom Suozzi to discuss Updates from Washington D.C.
- June 18- Repeated Shows
- June 25- Kathleen Otte (Regional Administrator, Region II Administration for Community Living (ACL)) to discuss the Administration for Community Living-Communities of Strength

[Learn more](#)

## St. Francis FREE Cardiac Screenings- Wednesday, June 9, 2021

In partnership with St. Francis Hospital Community

Outreach Program. 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. Screenings will follow St. Francis COVID-19 safety protocols. Dates and times are subject to change, please call 311 or 869-6311 before going to a location. NO APPOINTMENTS REQUIRED.



Wednesday, June 9, 2021 from 10 a.m.-2 p.m. at Manhasset Valley Residence, 155 East Shore Rd, Manhasset, NY 11030

[Learn more](#)



## In Your Words - Tuesday, June 22, 2021

Facilitated by Jina Etienne, MSW (EAC/Project Independence Social worker). Join this workshop series via Zoom to help guide you on the path of recording your experiences on paper. These bi-monthly workshops are designed to help you express your thoughts in writing through short stories, journaling and poetry. Group meets on the 2nd and 4th Tuesday of each month from 11:30 a.m.-12:30 p.m.

North Hempstead Project Independence invites all Town residents 60 and over. If you are interested in participating, please call 311 or 516-869-6311 to register and receive a Zoom link.

Hear from the group members:

I have never been much of a writer. PTA Newsletters and handouts were my style when my sons were in school. The pandemic forced a new look at life and how to spend free time. My initial writing goal was to share my cancer survivorship, that quickly went astray due to other interesting prompts provided by Jina. We meet twice a month to share our writing pieces. The process is so enjoyable from the initial writing at home, editing and then the ZOOM.

Mainly we convey positive thoughts about samples rather than a true critique. We would love more participants. "YOW" is fun, challenging with no pressure. We are all learning, listening, trying to cope and thrive during this crazy year.- Janet

Why do I LOVE the YOW group? I am no expert writer by any stretch of the imagination. The words don't flow easily like rain down a gutter. Having a deadline of twice a month is not too taxing, but sometimes the bit of pressure is helpful.

Somedays I can type a long-winded story from my life. Somedays it's a short paragraph or two from a quick memory jog. No novels swirl in my head. I'm just hoping to capture parts of my past with the unique family that I have been blessed with. YOW seemed like a healthy mother/daughter activity as my mom moved in with me. After a hairline fracture on her hip, she wasn't going to walk up a flight of stairs and live independently anymore. I had long moved out of that Greenwich Village apartment. I was just 16 but fell in love with the guy who I would eventually marry. Writing was a mainstay for her life, and I would admire her talents. There were organizations that needed her editing or creative ideas. She wrote for a burgeoning humor magazine started by Roger Price called "GRUMP." She was the second Vice President of the Manhattan chapter of NOW (National Organization of Women.) There were also many poetry readings I could attend. I had hoped the current writing group would reconnect brain synapses that are slipping away too quickly. As I watch her, I can only work on myself and keep my brain active with

[Learn more](#)

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## Come to Great Neck Park and join the ROMEO (Retired Older Men Eating Out) Social Group!

If you're a retired man looking for an informal social group...ROMEIO (Retired Older Men Eating Out) is the group for you! Bring your lunch, and enjoy stimulating discussion and camaraderie in the park. Meetings are weather permitting. Any retired man aged 60 and older who is a resident of the Town of North Hempstead can join. If you are interested, call 311 or 869-6311.



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## PI Exercise Programs

North Hempstead's Project Independence expanded their virtual exercise classes to keep seniors fit at home. Classes include Fitness, Tai Chi, Yoga and Dance. Many of the classes and times are the same as the Project Independence in-person fitness classes.

The PI exercise classes broadcast on the Town's public access television station, North Hempstead TV. Channel 18 or 63 on Cablevision or Channel 46 Verizon FIOS. New classes air Monday through Sunday, 10 a.m. and 1 p.m. You can also visit [www.mynhtv.com/fitness](http://www.mynhtv.com/fitness) to watch the classes online.

Learn more about PI's virtual LIVE fitness classes via Zoom by [clicking here](#).

Learn more about PI's daily exercise classes by [clicking here](#).

[Learn more](#)

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## 2021 Garbage and Recycling Programs

Click on the link below to learn more about the Town's upcoming Stop Throwing Out Pollutant (S.T.O.P.) events, e-waste drop-off dates, "Shed the Meds" pharmaceutical drop-off, and no. 5 plastic recycling programs.

[Learn more](#)



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## FunDay Monday Returns to North Hempstead Beach Park this Summer!

Town of North Hempstead Supervisor Judi Bosworth and the North Hempstead Town Board have announced that FunDay Monday will return to North Hempstead Beach Park this summer. This popular, FREE senior program will be held on four dates at North Hempstead Beach Park in Port Washington.

Organized and hosted by the Town's Department of Community Services, FunDay Monday will offer seniors from across the Town the opportunity to experience fun entertainment and fitness. The



2021 FunDay Monday events will be held from 9 a.m. to 12 p.m. on Monday, July 12, July 26, August 9 and August 23. The August 23 event will feature a special salute to our Veterans. Fitness will begin at 9 a.m., with entertainment starting at 10 a.m.

Initially, no food or refreshments will be served. All FunDay Monday events will be held with a reduced capacity and social distancing measures in place to ensure a safe return for all residents. The Town will be reevaluating safety guidelines throughout the summer health as restrictions are subject to change.

[Learn more](#)

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## North Hempstead's Popular Drive-in Movie Series Returns

Join the Town for the return of the Town's Drive-in movie series for the upcoming spring and summer season.



Join us this June for:

- Friday, June 11 at 9 p.m. – Black Panther – Martin “Bunky” Reid Park (Movie on the Lawn)
- Saturday, June 12 at 9 p.m. – Karate Kid – North Hempstead Beach Park
- Sunday, June 27 at 9 p.m. – Jumanji: Welcome to the Jungle– North Hempstead Beach Park

Cars will be admitted beginning an hour prior to show time. While the event is FREE, the Town is encouraging attendees to bring non-perishable/canned foods as part of North Hempstead's food donation drive. Advance registration for the film showing is not required, but residents must show proof of residency before entering the park.

[Learn more](#)



## North Hempstead Unveils Slate of Spring and Summer Concerts

The Town will be hosting drive-in concerts and the “Concerts by Candlelight” series for residents this spring and summer.

### **Upcoming Drive-in Concerts:**

(Cars will be admitted starting one hour prior to the show for the drive-in concerts. Advanced registration is not required. Attendees must remain in their vehicles.)

- Sunday, June 6 at 6 p.m. – Cold Spring Harbor (Billy Joel Tribute) – North Hempstead Beach Park
- Sunday, June 20 at 6 p.m. – 90's Band (90s Tribute Band) – North Hempstead Beach Park

### **Upcoming Concerts by Candlelight:**

(For the Concerts by Candlelight series, residents will be admitted on a first come, first serve basis and capacity will be limited in compliance with social distancing guidelines. To aid with social distancing guidelines, residents will also be asked to stay within their designated seating circle which will all be six feet apart.)

- Thursday, June 3 at 7:30 p.m. – The Next Level Band (Caribbean) – Martin “Bunky” Reid Park
- Thursday, June 17 at 7:30 p.m. – Genessa & The Selena Experience (Selena Tribute Band) – North Hempstead Beach Park

(Amphitheatre)

- Thursday, June 24 at 7:30 p.m. – The Remedy (Rhythmic Top 40s Rock and Country) - Whitney Pond Park

[Learn more](#)

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## PI Transportation Program

PI Taxi services for food shopping and medical appointments will continue to be free to the rider through the end of July, including tips, to help keep distance between the rider and driver during the COVID-19 pandemic.



Thankfully, we are all returning to normalcy. Taxi activity has increased overall, as a result we needed to make a change, the same day ride accommodation is **no longer** an option. This is returning to the way the program ran pre-pandemic – booking required at least one day in advance. Please also keep in mind the Town's Call Center is closed for all major holidays so please anticipate this and book your rides well ahead.

In order to help facilitate vaccine distribution, the Town of North Hempstead and Project Independence have expanded our transportation initiative to include the areas outside of North Hempstead including the Northport VA Medical Center and Long Island University Post, Nassau University Medical Center, SUNY Old Westbury, Nassau Community College, and Nassau Veterans Memorial Coliseum which are all vaccination sites in our area. PI members with vaccination appointments at these locations can call 311 in order to schedule a ride. Please call to book at least one day in advance.

The PI Transportation program also services people with disabilities who reside in the Town ages 21 – 59. Residents can call 311 or 516-869-6311, to make an appointment.

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## HELPING HANDS



## PI Social Worker & Nurse Updates

The PI social work and nurse team continues to work very hard at keeping connected to PI Members remotely. PI Social Workers and Nurses have been figuring out creative solutions to help ease seniors' fears of isolation, anxiety and fears of getting food, medical management and many other services. If you would like to connect with a PI Social Worker or a PI Nurse, please call 311 or 869-6311.

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## Zoom Training Available for PI Members

PI volunteer, and Technology for the Terrified Instructor, Barbara Mehlman began offering assistance via the telephone to assist seniors interested in participating in Zoom programs. If you would like assistance call 311 or 869-6311.



## Neighbors Helping Neighbors: Telephone Reassurance Program

The Neighbors Helping Neighbors program aims to ease isolation as the coronavirus pandemic has forced seniors, who are most susceptible to the virus, to remain at home. During this time of uncertainty and social distancing, many can feel isolated and disconnected. This program is designed to help keep seniors connected. Neighbors Helping Neighbors is for Town

Residents aged 60 and over to receive calls. Volunteers must be 21 or older and a Town resident. If you are interested in being part of this program, call 311 or 869-6311.

[Learn more](#)

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## Veterans Caseworker

The PI Veterans caseworker is available to provide services to Town veterans. Services include emotional support/counseling and concrete services available.

The PI Veterans caseworker has worked to ensure veterans are aware of hotlines if needed, and that they should continue to call the 311 Call Center to speak to a veteran's caseworker if they need any services. The PI Veterans caseworkers are introduced to local veterans through phone introductions in order to decrease feelings of isolation, to increase contact and to be mutually supportive.



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## Not In Our Town

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.



COVID-19  
Vaccination  
Information



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## Senior COVID-19 Vaccination Hotline

Nassau County has a designated hotline to answer senior's questions about the COVID-19 vaccine and to assist them with booking an appointment.

Please call 516-227-9590, Monday through Sunday 9 a.m. to 4:45 p.m.

Please remember to continue to wear a mask, practice social distancing, and to wash your hands regularly.

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## Updates About the Town of North Hempstead

Are you interested in receiving emails about the Town of North Hempstead's events, programming and your local community? Click on the button below to subscribe to our email list.

[Learn more](#)



88.1FM  
WCWP.org  
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## Mobile App for WCWP-88.1

WCWP has an App so you can hear your favorite radio show Project Independence and YOU! The App can be downloaded to both iOS devices iPhone and iPad as well as Android devices like a Galaxy phone or Surface tablet.

To download the App go to the App store on your Apple device or the Google Play store if you use an Android device. Search: WCWP Radio.

[Click Here](#) to learn more about the WCWP Radio app.

[Click Here](#) to learn more about turning into to WCWP live.



Past episodes are also available at:  
[www.northhempsteadny.gov/PI-Radio-Shows](http://www.northhempsteadny.gov/PI-Radio-Shows)

[Learn more](#)

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