



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. 1

WINTER/SPRING 2021

MESSAGE FROM SUPERVISOR BOSWORTH:

Dear Project Independence Member,

I hope you are all starting 2021 off healthy and well. The past year has been unlike any other. However, despite the pandemic, the Town has been working nonstop to provide the services you need and deserve. From expanded food and medical transportation, virtual programs and exercise classes, to advisory meetings, and new initiatives, North Hempstead remains committed to maintaining a sense of normalcy in a time that is anything but normal.

In this issue of the Pioneer, you will find the latest updates on the Town along with information on the COVID-19 vaccine, keeping active, and mental health tips during these challenging times. As always, please continue to practice social distancing, regularly wash your hands, and wear a mask. We are a family here in North Hempstead, and we will get through this together.



Warm regards,

Judi Bosworth

Judi Bosworth
North Hempstead
Town Supervisor

COVID-19 Vaccine

By Urvashi Kohli, Philip Solomon, Christopher Gasiewski and Maria Carney - Northwell Health Geriatrics

After a year of prolonged stress and a loss of our sense of security, we can finally see the light at the end of the tunnel thanks to the hope and healing promised by the COVID-19 vaccines.

So far, millions of Americans have already received one of the two-dose regiment of Pfizer Inc. and Moderna's vaccines, which have shown to be at least 94-percent effective during clinical trials. And now that we have received FDA emergency use approval for Johnson & Johnson's (J&J) COVID vaccine, we now have significant weapons in this fight against the pandemic. The J&J vaccine requires just one dose and can be kept at regular storing temperatures, making it easier for distribution and delivery, and it could become available as early as next week.

Before then, let's take a look at the vaccines currently available.

How Pfizer and Moderna COVID-19 vaccines work?

Both the Pfizer and Moderna vaccines work by using messenger RNA (mRNA) technology, which some experts believe is how future of vaccines will be created. Messenger RNA (mRNA) technology has been studied for decades and has been used to develop new therapies and vaccines since 2010. It works by sending a message to your cells to produce a spike protein unique to COVID-19. In the event of exposure to the virus, your



body will identify this protein as a foreign body and build an immune response to kill it.

Make no mistake, the mRNA vaccine is safe, as it contains weakened or inactivated protein components of the actual virus to trigger your body's immune response against COVID-19 infection. However, the vaccine requires a second injection 21 days (Pfizer) and 28 days (Moderna) after the first dose. You should reach full protective effectiveness 14 days after the second dose.

Safety and side effects

Pfizer and Moderna vaccines demonstrated minimal side effects during their clinical trial, which included tens of thousands of participants, as well as after mass vaccination which began in December. Both vaccines endured rigorous safety assessments from the FDA and were approved because the expected benefits outweighed potential risks. Individuals with a history of severe allergic reactions should consult with their doctor prior to vaccination. The reported side effects include:

- Pain
- Swelling at the injection site
- Fever and chills
- Tiredness
- Headaches

Eligibility and where to get vaccinated?

COVID-19 vaccines are being distributed by New York State in phases prioritizing high-risk individuals. Adults 65 and older have been authorized to receive COVID-19 vaccine since January. And the state continues to expand the eligibility criteria for COVID-19 vaccination with the most recent update including individuals over the age of 16 with specific underlying medical conditions on February 15.

You can find a vaccine point of distribution and schedule appointments online or via phone.

New York State Website: www.ny.gov/vaccine

New York State Vaccination Hotline: 1-833-NYS-4-VAX (1-833-697-4829)

Nassau County Website:

www.nassaucountyny.gov/vaccine

What's next?

Demand is currently outpacing supply, but that will hopefully change in the next few months, especially with the addition of the J&J vaccine. And more could be on the way. Sixty-three COVID-19 vaccines are in various stages of research. The ultimate goal of defeating COVID-19 will be accomplished through herd immunity, which can be achieved when 75-85 percent of the US population have immunity.

While the COVID-19 vaccines offer hope for the future, we must remain vigilant with disease mitigation strategies in the present. We must continue practicing physical distancing, hand washing, and mask wearing, and reach out to those who are struggling to cope with stress and social isolation.

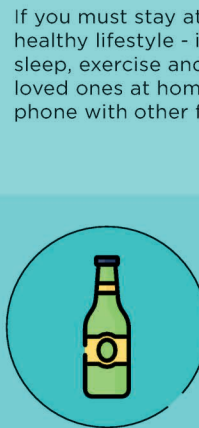


Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.



If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.

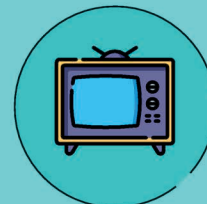


Don't use smoking, alcohol or other drugs to deal with your emotions.

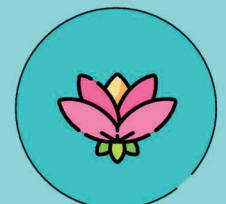
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.



Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Thoughts to Ponder

By Otto Lohse, PI Volunteer



- Circle of Support – consider using this guide for yourself or a loved one. Call or email PI for a copy.
- Tired of looking for chirping battery? Consider getting a combo smoke/ carbon monoxide detector with 10-year battery.
- Start on that Family History and Tree. You have the knowledge – share it with future generations.
- Zoom has been a boom – virtually attend a PI chat or actually go to your place of worship. We watch our Grandson’s basketball games virtually, as played in Pennsylvania.
- Where is the Fill Pipe for your oil delivery located? Is it covered with snow? How about your mailbox – easily accessed for mail delivery during snow?
- Never too old for “To Do” list. Make a list of things you might want to do. Prioritize and chip away at the list – don’t procrastinate.
- Snow shoveling – still able? Have a snow blower? Help those around you that are not able.
- Review and organize old pictures, slides and movies for future generations – have them digitized.

Call 311 or 869-6311 to sign up for the PI email newsletter to receive monthly updates on Project Independence programs and services.

Exercise Classes

Keeping active is such an important part of your physical health and mental health! On April 22, the PI Exercise Program launched virtual exercise classes to keep seniors fit at home. Classes include Fitness, Tai Chi, Yoga and Dance. Many of the classes and times meet the same as the Project Independence in-person fitness classes. Classes air on North Hempstead TV (7 days a week) and on the Town’s YouTube channel. In 2020, there were over 4,000 views of the classes online and additional views on NHTV. On November 9, the Exercise program was further expanded to LIVE Fitness via Zoom to create an interactive component.

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 (no class 2/15, 3/29 and 5/31)

Fitness - Wednesdays

February 3 to June 16 at 10 a.m. with Mike Mancini (no class 2/17 and 3/31)

Yoga - Thursdays

February 4 to June 17 at 11 a.m. with Suzanne Scalcione (even dates) and Rebecca Miller (odd dates) (no class 2/18 and 4/1)

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.



OLDER ADULTS



What's your move?

Physical activity can make daily life better.

When you're active and strong, it's easier to:



Do everyday tasks, like chores and shopping



Keep up with the grandkids



Stay independent as you get older

And it has big health benefits, too.

- ✓ Less pain
- ✓ Better mood
- ✓ Lower risk of many diseases

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least **150** minutes a week



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least **2** days a week



Break it up over the whole week however you want!

Physical activity can help manage many health problems.

- ✓ Reduce symptoms of arthritis, anxiety, and depression
- ✓ Help keep diabetes and high blood pressure under control

Just getting started?

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.

Mix in stretches and activities to improve your balance, too! Keep your body flexible and help lower your risk of falls.

And all sorts of activities count.



Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter your age, you can find a way that works for you.



So take the first step. Get a little more active each day. Move your way.

Find tips to get moving and build a weekly activity plan. health.gov/MoveYourWay/Activity-Planner





Project Independence and You Radio Show

Since the beginning of the COVID-19 crisis, the *Project Independence and You* radio show wanted to continue to provide timely and important information to the senior residents of North Hempstead, caretakers and service professionals. On April 17, the Radio Show began using the Zoom platform to broadcast the latest in COVID-19 updates from government officials and community organizations. Each interview is followed by the Talk of the Town, where updates, programs and all that's happening in the Town are discussed. The show airs 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 northhempsteadny.gov/PI-Radio-Shows. You can also watch the program on North Hempstead TV, on Cablevision Channel 18 or 63 or Verizon FIOS Channel 46. The show airs daily, check out NHTV for the daily schedule. The PI and You Radio Show celebrated its 9th Anniversary, and had 52 different shows in 2020.



Ways to Listen to the PI and You Radio Show on WCWP/88.1FM

Apps were once something you ordered at a restaurant. Today Apps have gone digital, but you can't eat them. Apps are computer programs design to be used by mobile devices like smart phones and eletronic tablets.

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 Galaxy phone or Surface tablet.

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

Follow the directions on the screen to install the App. Once you open the App you should see a screen with three choices **WCWP/88.1FM**, **The Wave** and **Feedback**.

Click on the **WCWP/88.1FM** button to hear a live feed of WCWP anytime, anywhere!

The Wave is an Internet only radio station operated by the students of Long Island University's Post Campus. It features a variety of music.

Feedback is the chance for you to report a problem or ask a question about the App.

You can also hear WCWP on line without the APP by going to the WCWP website www.WCWP.org and click on the LISTEN LIVE button on the home page.

Apple iOS



Click on the download arrow

Android



Click on INSTALL



Project Independence Highlights for 2020

2020 was a tough year for us all, filled with so much fear and uncertainty. However, the Project Independence team made it their mission to help keep seniors healthy and connected during that time.

- In 2020, there were 21,297 service requests for Project Independence (PI). There were 56,024 service requests for the entire Town. PI's total SR count accounted for 38 % of the total SRs created in 2020. Since 2009, there have been 267,643 service requests for Project Independence.
- At the end of 2020, the total number of Project Independence members was 15,107.
- The PI Social Work and Nurse Team worked very hard at keeping connected to PI members remotely. They provided 27,240 units of service. PI Social Workers and Nurses figured out creative solutions to help ease seniors' fears of isolation, anxiety and fears of getting food, medical management and many other services.
- In 2020, the Veterans Caseworker provided 902 units of service providing support/counseling and concrete services available to veterans. The caseworker ensured veterans to be aware of hotlines if needed and introduced local veterans through phone introductions, in order to decrease feelings of isolation, to increase contact and be mutually supportive.

PI Transportation Program (shopping & medical)

On March 18, PI immediately restructured the Transportation program to best serve the changing needs of residents during this COVID-19 crisis. The hours were expanded to early shopping to accommodate seniors. In April, the transportation program (food and medical) expanded to 7 days per week, town-wide during this crisis. Food shopping is available from 7 a.m. to 2 p.m. The Town continues to incur all costs associated, including tips, to further reduce the threat of potential transmission. 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 and Nassau Community College, 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 at least a day in advance. The PI Transportation program also services people with disabilities who reside in the Town ages 21 – 59. PI continues to be the recipient of the 5310 Enhanced Mobility of Seniors & Individuals with Disabilities FTA grant. This grant allows for many cost reductions associated with the PI transportation program.

- 21,458 rides were provided in 2020.
- Since 2009, 325,368 rides have been provided (shopping and medical). 256 disability taxi rides were provided in 2020 (21-59 years old).

The Neighbors Helping Neighbors Telephone Reassurance Program

The Neighbors Helping Neighbors program launched on April 7, and aimed to ease isolation as the COVID-19 pandemic forced seniors, who were most susceptible to the virus, to remain at home. During this time of uncertainty and social distancing, many felt isolated and disconnected. This program was designed to help keep seniors connected with one another. In 2020, 54 matches were made.

Social and Recreational

In May, PI social and educational programs transitioned to meet virtually. Hundreds of participants attended various advisory committees, education programs and social groups via Zoom (ex: Community Health Chats, Social Discussion Group, Men's Social Group, Book Club and World in Motion).

The Blankets of Love Group continued to meet virtually and made 52 blankets and 13 baby hats, which were donated to the Ronald McDonald House, North Hempstead's Veterans Donation Drive and Bethany House of Nassau County.

Home Maintenance Programs

- On August 25, the TRI Help at Home Program resumed doing outdoor work following COVID-19 safety guidelines. In 2020, 44 constituents had work done on their house (gutter cleaning, light yard work, moving heavy items, window



washing, etc.) 1,394 constituents have had work done since 2010.

- On July 28, Rebuilding Together LI resumed doing outdoor work following strict COVID-19 safety guidelines. 13 income eligible constituents had assorted home improvements including, ramps, grab bars, railings and various repairs.

PI Partnership Programs Statistics

- St. Francis Cardiac Health Screenings- On August 21, the free screenings resumed following COVID-19 safety precautions. There were screenings held in 8 locations, with 97 people screened and 72 flu shots were provided (free brief cardiac history, blood pressure, cholesterol, diabetes screenings).
- Project GRASP (Grandparent Respite and Support Project) had 20 grandparents receive assistance via telephone and Zoom (mental health assistance, assist in preparedness and information referrals, check-ins to assist grandchildren with school, and more).
- EAC Network Respite Program-On March 13, all in-home services including Respite were put on pause due to the restrictions of COVID-19. Respite staff knew that caregivers would need support during these trying times and put into place some alternative services such as bi-monthly wellness calls from companions and Respite staff moved from in-home visits to virtual visits via Skype, facetime and Zoom.. During August through October, outdoor visits were provided using strict safety precautions. Each month caregivers received updated information on COVID-19, along with information on virtual programs and educational opportunities. Staff offered case management for caregivers seeking referrals for other services such as Meals on Wheels, home care and caregiver support groups. Caregivers received monthly “self-care packages” with PPE items, puzzles, games, coloring books, and small hand weights. Birthdays for caregivers and recipients were celebrated by a drive by caravan and birthday cakes were dropped off on the doorstep. 10 caregivers received EAC Respite services.

If you are interested in any Project Independence program or service, please call 311 or 869-6311.

If you are interested in participating in a Zoom program, but need some help, call 311 or 869-6311 to connect to Barbara Mehlman, PI Volunteer and Technology for the Terrified Instructor, for Zoom training via the phone for PI members.

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.

St. Francis Health Screenings

The screenings, which will be offered at the St. Francis Outreach Bus, will include a brief cardiac history, blood pressure screening, a simple blood test for cholesterol and diabetes screening with appropriate patient education and referrals as needed for clients above the age of 18.

Due to the COVID-19 pandemic, screenings will be held outside under the awning of the bus weather permitting. Large indoor spaces are reserved in case of inclement weather. All patients will be required to wear a mask and will be asked to clean their hands with hand sanitizer prior to each screening. Additionally, patients will be asked COVID-19 screening questions and have their temperature checked before screenings.

Screenings will be held on:

Thursday, April 8, 2021
10 a.m.-2 p.m.
North Hempstead
“Yes We Can”
Community Center
141 Garden Street
Friday, April 16, 2021
10 a.m.-2 p.m.
Clinton G. Martin Park
1601 Marcus Avenue

Tuesday, April 21, 2021
10 a.m.-2 p.m.
Great Neck Social Center
80 Grace Avenue
Monday, May 17, 2021
10 a.m.-2 p.m.
Port Washington Adult
Activities Center
80 Manorhaven Boulevard

Wednesday, May 19, 2021
10 a.m.-2 p.m.
Magnolia Gardens
899 Broadway
Thursday, June 10, 2021
10 a.m.-2 p.m.
Manhasset Valley Residence
155 East Shore Road

Dates and protocol are
subject to change.
For more information,
please call 311 or
(516) 869-6311.



Town of North Hempstead
 220 Plandome Road
 Manhasset, NY 11030

PRST STD
 U.S. Postage
 PAID
 Garden City
 NY, 11530
 Permit No. 460

**STOP THROWING OUT POLLUTANTS
 (S.T.O.P) Program**

Sunday, March 21
 Sunday, September 12
 Saturday, November 13
 North Hempstead Beach Park (North Lot)
 Sunday, June 27
 Westbury High School

Dispose of your unwanted household chemicals, securely shred sensitive documents and donate gently used clothing all in one place! For safety reasons, residents must remain in their cars while event staff remove items to be discarded. Please leave your pets at home so event staff can safely and easily remove items from your car. For additional program details, call 311 or 869-6311.

Shed the Meds

Saturday, May 8, 2021 Saturday, December 11 2021
 8 a.m. - 12 p.m. 8 a.m. - 12 p.m.
 Town Hall Michael J. Tully Park

Join us for a "Shed the Meds" pharmaceutical drop-off event. Safely dispose of unwanted and expired medication. This will help keep potentially dangerous pharmaceuticals out of the hands of children and protect our groundwater and waterways. For additional program details, call 311 or 869-6311.

E-waste Drop Off Events

Sunday, March 21
 9 a.m.-3 p.m.
 North Hempstead Beach Park (North Lot)
 (Part Of The Town's S.T.O.P. Program)*
 Saturday, April 17
 8 a.m.-12 p.m.
 North Hempstead Beach Park (North Lot)*
 Saturday, May 15
 8 a.m.-12 p.m.
 802 West Shore Road, Port Washington
 Sunday, June 27
 9 a.m.-3 p.m.
 Westbury High School
 (Part Of The Town's S.T.O.P. Program)*
 Saturday, July 17
 8 a.m.-12 p.m.
 802 West Shore Road, Port Washington
 Sunday, September 12
 9 a.m.-3 p.m.
 North Hempstead Beach Park (North Lot)
 (Part Of The Town's S.T.O.P. Program)*
 Saturday, October 23
 8 a.m.-12 p.m.
 North Hempstead Beach Park (North Lot)*
 Saturday, November 13
 9 a.m.-3 p.m.
 North Hempstead Beach Park (North Lot)
 (Part Of The Town's S.T.O.P. Program)*
 Beginning in 2021, the Town will be hosting electronic waste (e-waste) drop-off events for residents in North Hempstead in lieu of accepting e-waste at Sunday Residential Drop-off. The program is free of charge and open to Town residents only.



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.

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