

NORTH HEMPSTEAD TOWN SUPERVISOR JENNIFER DeSENA  
AND THE TOWN BOARD ARE PROUD TO PRESENT

# Project Independence E-News

## Project Independence April 2023 Newsletter



### *Emotional Wellness Checklist*

How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. How you react to your experiences and feelings can change over time. Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health.

[Click here for more information](#)

### **This Life of Mine: Sharing and Creating New Memories Through Journaling** - Monday, April 3 & 24, 2023



Facilitated by Jina Etienne, MSW (PI Social Worker). This 8-session guided journaling group will inspire you to record the unique details and stories of your life, both for yourself and for your family and friends. Join this journaling group for seniors and recount the past and present memories through Journaling. The group meets on April 3, 24, May 8, 22, and June 12, 26, 2023 from 11:30 a.m. to 12:30 p.m. at the Westbury Memorial Public Library (445 Jefferson St, Westbury, NY 11590).

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

[Learn more](#)

**Blankets of Love - Tuesday, April  
4, 11, 18 & 25, 2023**



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, 1601 Marcus Avenue, New Hyde Park.

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

[Learn more](#)

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### **Bridge Class - Wednesday, April 5, 12, 19 & 26, 2023**



Come join us to learn to play the fun game of Bridge. The classes are for beginners and those with basic knowledge who wish to improve their skill. Classes meet on Wednesdays from 12 to 2 p.m. at the North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury.

North Hempstead Project Independence invites all Town residents 60 and over. REGISTRATION REQUIRED. Please call 311 or 869-6311 to register or for more information.

[Learn more](#)



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### **Project Independence Social Discussion Group - Thursday, April 6, 13, 20 & 27, 2023**

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

[Learn more](#)

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### **The Project Independence and You Radio Show - Friday, April 7, 14, 21 & 28, 2023**



Tune in to the Project Independence and You Radio Show to hear interesting discussions and updates with government officials, medical professionals, community organizations and interesting residents. 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!

Listen to the show 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 (audio & video) are available at [www.northhempsteadny.gov/PI-Radio-Shows](http://www.northhempsteadny.gov/PI-Radio-Shows), on the WCWP YouTube page and

on North Hempstead TV (NHTV). Watch NHTV on Cablevision Channel 18 or 65 or Verizon FIOS Channel 46. The show usually airs at 2pm daily but check out [mynhtv.com/schedule](http://mynhtv.com/schedule) for up-to-date schedules.

#### **Upcoming Shows:**

- April 7- Karen Blackburn (Public Affairs Specialist, AAA Northeast) to discuss Carfit: Helping Mature Drivers Find Their Safest Fit
- April 14- Repeated Shows
- April 21- Daniella Chace, MSc, CN (Clinical practitioner, author and educator) to discuss her book: Home Detox: Make Your Home a Healthier Place for Everyone Who Lives There
- April 28- Rhonda Schwartz (Regional Administrator Administration for Community Living) to discuss Administration for Community Living-Older American Month-Aging Unbound

[Learn more](#)



### **Deciphering Food Package Claims - Wednesday, April 12, 2023**

Presented by Cornell Cooperative Extension-Nassau County. Shop Smart! The claims on food labels can be confusing. Knowing what these claims mean can help you choose healthier products. Become a smart shopper by reading food labels properly to find out more about the foods you eat. Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, April 12, 2023 from 11 a.m. to 12 p.m.

North Hempstead Project Independence invites all Town residents 60 and over. Please call 311 or 869-6311 to register or for more information.

[Learn more](#)

### **Watch Your Step: Fall Prevention Program - Wednesday, April 12, 19 & 26, 2023 and May 3 & 10, 2023**



Presented by Project Independence Nurses (Northwell Health). Come join this 5-session program and learn ways to decrease your risks of falling, simple exercises to increase strength and balance, the importance of medications for bone health, and community and home safety. Please join us on Wednesday, April 12, 19, 26, May 3, 10, 2023 from 1 to 3 p.m. at Michael J. Tully Park, 1801 Evergreen Ave, New Hyde Park, NY 11040.

Project Independence invites all Town residents 60 and over. SPACE IS LIMITED. Please call 311 or 869-6311 to register or for more information.

[Learn more](#)

**St. Francis FREE Cardiac Screenings  
- Thursday, April 13 & Friday,**



## April 14, 2023

In partnership with Catholic Health St. Francis Hospital & Heart Center. The FREE 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. Dates and times are subject to change, please call 311 or 869-6311 before going to a location.

### **NO APPOINTMENTS REQUIRED.**

#### Upcoming dates include:

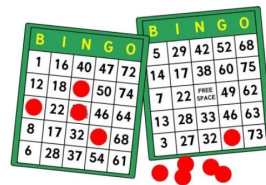
Thursday, April 13, 2023 - 10 a.m.-2 p.m. - North Hempstead "Yes We Can" Community Center  
141 Garden Street, Westbury, NY 11590

Friday, April 14, 2023 - 10 a.m.-2 p.m. - Clinton G. Martin Park 1601 Marcus Ave, New Hyde Park, NY 11040

[Learn more](#)

## Golden Hearts Bingo & Blood Pressure Screenings - April 13, 20 & 27, 2023

Facilitated by Andrea Taylor, LMSW (PI Social Worker) & JoAnne Tricarico, RN (PI Nurse). Feeling Lucky? Come join Project Independence for a fun hour every Thursday and try your luck to win a prize. In addition to having some fun, a PI registered nurse will provide blood pressure screenings and health counseling.



The program is on Thursdays from 12-1 p.m. at The Roslyn Community Center Auditorium, 53 Orchard Street, Roslyn Heights. North Hempstead Project Independence invites all Town residents 60 and over. Please call 311 or 869-6311 to register or for more information.

[Learn more](#)



## What Matters to You Men's Community Group - Friday, April 14, 21 & 28, 2023

Facilitated by Gail Selis, Gerontologist. The group is open to all men, age 60 and over living in the Town of North Hempstead. Come and discuss topics that are of mutual interest to men living in this community. The group meets on Fridays from 10:30 a.m. to 12 p.m. at the Hillside Public Library (155 Lakeville Rd, New Hyde Park, NY 11040).

If you are interested in participating, please call 311 or 516-869-6311 to register.

[Learn more](#)

## Project Independence Joint Advisory Committee Meeting - Wednesday, April 19, 2023



Join a Project Independence Advisory Committee

and Make a Difference! Come and discuss the needs of Town residents 60 and over, offer suggestions for new programs, learn about services available in the community and make new friends. Ilene Corina, BCPA, President & Patient Safety Advocate will discuss the Pulse Center for Patient Safety Education & Advocacy. The meeting will be held at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park at 10 a.m. or via Zoom.

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

[Learn more](#)



## **Fridays at "Yes We Can" - Friday, April 21 & 28, 2023**

Come join us for Fridays at the North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury on Friday, April 21 & 28, 2023.

**Matter of Balance - 9:30 a.m. - 11:30 a.m.**  
Presented by NYU Langone Health  
**CLASS FULL - call 311 or 516-869-611 for more information**

April 21 & 28  
May 5, 12, 1 & 26  
June 9 & 16

**What in the World is Going On?**  
**- 11:30a.m.-12:30p.m.**

Current and world events discussion group

April 21 & 28  
May 5, 12, 19 & 26  
June 9 & 16

**Heart-to-Heart Bingo and Blood Pressure Screenings - 12:30p.m. -1:30 p.m.**

Kelly Steinmann, RN (PI Nurse) & Jina Etienne, MSW(PI Social Worker)

May 5 & 19  
June 16

North Hempstead Project Independence invites all Town residents 60 and over. Please call 311 or 869-6311 to register or for more information.

[Learn more](#)

## **"Brown Bag" Check on Your Medications - Friday, April 28, 2023**

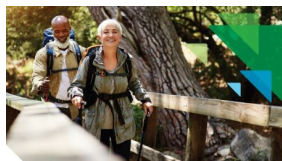


Presented by Danielle C. Ezzo, PharmD, BCPS, Associate Clinical Professor | Clinical Health Professions, College of Pharmacy and Health Sciences-St. John's University and Clinical Coordinator of Ambulatory Care Northwell Health | Medicine Specialties at Glen Oaks. Do you take one medication or more? Do you have questions about your medications or wonder why or how you should take them? Put ALL your prescription and non-prescription medications in a bag. A pharmacist will sit with you, one on one, to review each medication and help answer your medication related questions. Schedule your brown bag appointment today!

Friday, April 28, 2023 from 12:30-2:30 p.m.  
North Hempstead "Yes We Can" Community Center (141 Garden Street, Westbury, NY 11590)

North Hempstead Project Independence invites all Town residents 60 and over. Registration Required. Space is limited. Please call 311 or 869-6311 to register or for more information.

[Learn more](#)



### **Heart Smart: Six S.T.E.P.S. in Six Weeks to Heart-Healthy Living - Wednesday, May 17, 24 & 31 and June 7, 21 & 28, 2023**

Heart disease is the leading cause of death in the US—claiming more lives each year than all forms of cancer and chronic lower respiratory disease combined. It is also one of the most preventable. Many women and men with heart disease or risk factors for heart disease want to make heart-smart changes in their lives but don't know how to begin. Heart Smart: Six S.T.E.P.S. in Six Weeks to Heart-Healthy Living Program is designed to help you understand the science behind heart disease and make simple lifestyle changes in eating, cooking and exercising and offer suggestions on how to develop the most effective partnership with your healthcare team.

This free weekly program is held jointly by Northwell Health Katz Institute for Women's Health and the Town of North Hempstead's Department of Services for the Aging-Project Independence. The program meets on Wednesday, May 17, 24 & 31 and June 7, 21 & 28, 2023 from 9:30-11:30 a.m. at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park.

North Hempstead Project Independence invites all Town residents 60 and over. SPACE IS LIMITED. Please call 311 or 869-6311 to register or for more information.

[Learn more](#)

### **Project Independence TV Exercise Classes Schedule**

Join North Hempstead's Project Independence exercise classes today. At home virtual 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 65 on Cablevision or Channel 46 Verizon FIOS. Classes air Monday through Sunday, 10 a.m., 1 p.m., and 6 p.m. You can also visit: [www.mynhtv.com/fitness](http://www.mynhtv.com/fitness) to watch the classes online. For a complete schedule of classes visit: [www.mynhtv.com/schedule](http://www.mynhtv.com/schedule) or click the button below.

North Hempstead Project Independence invites all Town residents 60 and over. If you are interested in participating or have any questions, please call 311 or 516-869-6311.

### **EAC Respite Program**

In-Home Respite Services provides in-home caregivers (companions) to Nassau County residents caring for an elderly relative in their home so the caregiver can take much-needed

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## PI Social Worker & Nurse Updates

The PI social work and nurse team are available for appointments via the phone, office and in the home. If you would like to connect or schedule an appointment with a PI Social Worker or a PI Nurse, please call 311 or 516-869-6311.



## PI Transportation Program

The Project Independence Taxi service provides discounted taxi rides for medical appointments and free trips to local grocery stores for Town of North Hempstead seniors 60+ and those with disabilities 21+.

The PI medical taxi cost to riders is \$5 or \$10 depending on where you travel: \$5 each way for a medical fare under \$22; \$10 each way for medical fare of \$22 and over. Tipping is recommended and most appreciated.

Free trips for food shopping are available twice a week between 10 a.m. and 2 p.m. You choose which day. Sharing a taxi with another rider should be expected, for medical and food shopping.

Please avoid travel during AM and PM peak travel / rush hour. Expect long delays if you book during rush hour. The best time to travel is middle of the day when taxis are less busy.

Please call 311 or 516-869-6311 to learn more about the PI Taxi service or to book your taxi reservation. Please note that program details are subject to change.

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## Circle of Support

The Project Independence Circle of Support is a life planning tool that includes trusted people, organizations, and other resources that come together to help you live a more healthy, social and productive life in your community. "YOU" control the process so that you can be the "Director of Your Life". Your Circle is always changing as life circumstances change for you and members of your support pool. This tool helps to identify who is part of your Circle, and helps you determine the strengths and weaknesses in your Circle of Support.



You can request the Circle of Support booklet in a hard copy or in a digital fillable version. Please call 311 or 516-869-6311 to request your copy today!

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## Vial of Life

The Vial of Life is a program that allows individuals to have their complete medical information ready in their home for emergency



personnel to reference during an emergency. This program is used to provide the patient's medical information when a patient is not able to speak or remember this information. Call 311 or 516-869-6311 to receive a Vial of Life packet.

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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 516-869-6311.



## 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 516-869-6311.

[Learn more](#)

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## Town Calls for Nominations for 30th Annual Women's Roll of Honor

Supervisor Jennifer DeSena and Town Clerk Ragini Srivastava are calling for nominations for the 2023 Women's Roll of Honor now until Friday, April 28, 2023.

The Women's Roll of Honor recognizes women who reside in the Town who have made a contribution to their community, or have accomplished a significant achievement through public or private efforts in a volunteer capacity.

The 30th Annual May W. Newburger Women's Roll of Honor Breakfast will be held Friday, June 23, 2023 at the Clubhouse at Harbor Links in Port Washington.

Click on the button below to submit an nominee.

[Learn more](#)



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## "Shed the Meds" Pharmaceutical Drop-Off Event - Saturday, April 8, 2023

Join the Town of North Hempstead for the "Shed the Meds" pharmaceutical drop-off event on Saturday April 8, 2023 at the North Hempstead Town Hall Parking Lot, 220 Plandome Road, Manhasset.

Accepted items will include: prescriptions,



prescription patches, prescription medications, prescription ointments, over-the-counter medications, vitamins, sample medications and medications for pets.

Needles, sharps, aerosol cans, thermometers, ointments (liquid or lotion), hydrogen peroxide, inhalers, biohazardous waste, and medication from businesses will not be accepted.

For more information on this event, please call 311 or (516) 869-6311.

[Learn more](#)

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## Mortgage Satisfaction Reminder

Town of North Hempstead Receiver of Taxes Charles Berman would like to remind residential property owners that they must notify the Tax Office when satisfying their mortgage.

“It is the responsibility of the property owner to ensure that property information is up to date with the Town’s Tax Office and incorporated village (if applicable). This ensures that the tax bills are sent to the proper location, avoiding late fees and penalties,” said Receiver of Taxes Berman

Changes to your property tax information can be made through the online portal, by printing out a change form and emailing, faxing or mailing to the Tax Office, filling out the reverse side of a tax bill or sending in a letter with the required information.

To learn more click the button below or call 311.

[Learn more](#)



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## DEFENSIVE DRIVING CLASSES



## Defensive Driver Safety - Saturday, April 22

The Town of North Hempstead is pleased to once again offer AARP defensive driving courses at Clinton G. Martin Park in New Hyde Park.

The classes will be held on: Saturday, April 22, Saturday, May 20, Saturday, June 17, Saturday, September 9, Saturday, October 14, Saturday, November 18, and Saturday, December 16 from 9 a.m. to 4:30 p.m. (with a 30-minute lunch break). The cost is \$25 for AARP members and \$30 for non-members.

Please bring a check made payable to "AARP" on the day of the class. No cash will be accepted. Attendees should also bring: their driver's license, a bagged lunch, and AARP members should also bring their AARP card.

Please call 311 for more information.

[Learn more](#)

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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](#)



### Veterans Caseworker

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

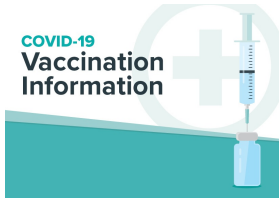
The PI Veterans caseworker has worked to ensure veterans are aware of hotlines if needed, and that they should continue to call the 311 Call Center to speak to a veteran’s caseworker if they need any services. The PI Veterans caseworkers are introduced to local veterans through phone introductions in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

### Not In Our Town

North Hempstead pledges to not remain silent in the face of hate crimes, intolerance or violence. Join us and take a stand. It is important to show unity and advocacy for all individuals. Change happens on a local level and can start with you.



[Learn more](#)



### Senior COVID-19 Vaccination Information

A bivalent COVID-19 booster will help eligible New Yorkers maximize their protection, prolong the vaccine’s durability, and safeguard our communities against the COVID-19 virus. The New York State Department of Health (NYSDOH) and the Centers for Disease Control and Prevention (CDC) recommend individuals get vaccinated and stay up to date with all recommended doses.

For more Information about booster shots visit: [www.ny.gov/Boosters](http://www.ny.gov/Boosters)

### 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](#)



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Ragini Srivastava  
Town Clerk

Charles Berman  
Receiver of Taxes

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