

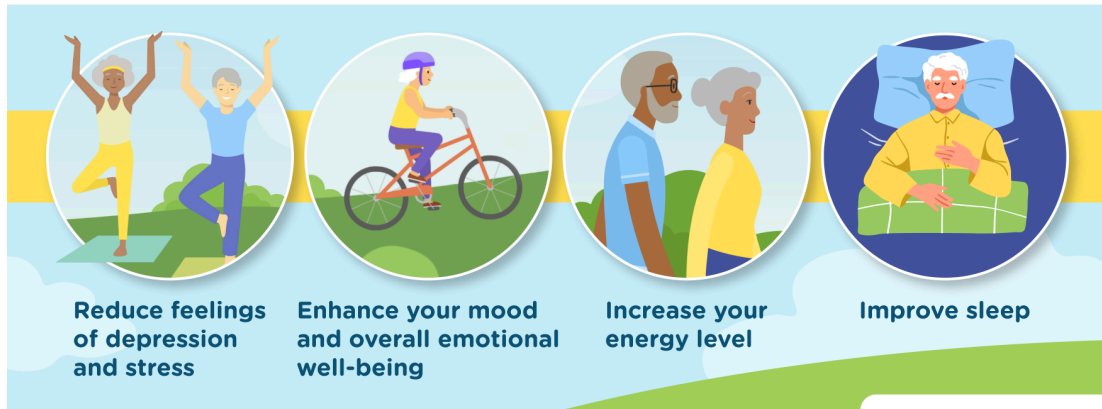
NORTH HEMPSTEAD TOWN SUPERVISOR JENNIFER DeSENA  
AND THE TOWN BOARD ARE PROUD TO PRESENT

# Project Independence E-News

## Project Independence April 2024 Newsletter

### The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:



To learn more about the benefits of exercise visit [www.nia.nih.gov/exercise](http://www.nia.nih.gov/exercise).



## The Mental Health Benefits of Exercise and Physical Activity

The arrival of spring weather signifies warmer temperatures and prolonged daylight hours, creating an ideal opportunity to engage in outdoor activities and increase physical activity.

[Learn more](#)



### Blankets of Love - Tuesday, April 2, 9, 16, 30, 2024

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 Thursdays 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.

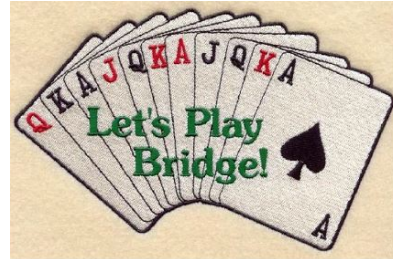
**Please call 311 or 869-6311 to register or for more information.**

[Learn more](#)

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## **Bridge Class - Wednesday, April 3, 10, 16, 24, 2024**

Looking for a fun way to spend some time? Come and join us for Bridge. This classic card game is a great way to test your skills and strategy. Plus, it's a great way to stay sharp and keep your mind active. Whether you're a beginner or a seasoned pro, Bridge is a great game to play.



**Beginner Class-** Players with little or no knowledge of the game of bridge.

**Intermediate Class-** Players who have knowledge of how bridge is played and passed the basic knowledge stage.

The Beginner Class meets on Wednesdays from 10-11:30 a.m. and the Intermediate Class meets on Wednesdays from 11:30 a.m. to 1 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.

**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 4 and 11, 2024

Come meet new friends via Zoom! Enjoy talking with others and meeting your neighbors. Open to North Hempstead residents aged 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.**

[Learn more](#)

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## Golden Hearts Bingo & Blood Pressure Screenings - Thursday, April 4, 11, 18, 25, 2024



Facilitated by JoAnne Tricarico, RN (PI Nurse) & Eun Kyung Lee, LMSW (PI Social Worker). 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](#)

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Town of North Hempstead

**Project Independence Radio Show**

## Project Independence and You Radio Show - Friday, April 5, 12, 19, 26, 2024

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 2pm daily but check out [mynhtv.com/schedule](http://mynhtv.com/schedule) for up-to-date schedules.

### Upcoming Shows

**April 5-** Ron Roel (Roel Resources, author, speaker and radio show host) to discuss his **book - *Caregiving Navigator Long Island Edition-How to Plan, What to Do, and Where to Turn When Caring for your Aging Loved Ones and Yourself.***

**April 12 - Repeated Shows**

**April 19 - Roger Hendricks Simon (Actor, Director, Teacher) to discuss the renaissance in his acting career at 81 years old**

**April 26 - Repeated Shows**

[Learn more](#)

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**Fridays at YWC - Friday, April 5,  
12, 19, May 3, 10, 17, 31, June 7,  
14, 2024**

Come join us for Fridays at the North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury at 9:30 a.m. North Hempstead Project Independence invites all Town residents 60 and over.



Fridays at Yes We Can includes:

Let the Games Begin: Boost Your Brainpower & Coordination with Kelly Steinmann, RN (PI Nurse)

What in the World is Going On? & Color Me Calm - Enjoy this current events discussion group while coloring for relaxation. Gia Montelbano (TONH Dept. of Services for the Aging/PI)

Heart-to-Heart Bingo and Blood Pressure Screenings with Kelly Steinmann, RN (PI Nurse) & Debra Marks, LMSW (PI Social Worker)

[Learn more](#)



**What Matters to You Men's  
Community Group - Friday,  
April 5\*, 12, 19, 2024**

Facilitated by Eun Kyung Lee, LMSW (PI Social Worker). 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 Hillside Public Library (155 Lakeville Road, New Hyde Park) and via Zoom. If you are interested in participating, please call 311 or 516-869-6311 to register and/or receive a Zoom link.

[Learn more](#)

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**SMART Van (Family and Children's Association Senior Mobile Access to Resources & Technology) - Wednesday April 17, Friday, May 17, Friday, June 21, 2024**



Technology doesn't have to be difficult. Improve technological literacy to continue to live well, feel well, and age well! FCA's SMART Van will be making stops throughout North Hempstead providing technological training, connection to resources and informal counseling. Bring your cell phone, laptop or tablet to receive direct assistance. North Hempstead Project Independence invites all Town residents 60 and over.

Wednesday, April 17 at Clinton G. Martin Park (1601 Marcus Avenue, New Hyde Park)

Friday, May 17 at the "Yes We Can" Community Center (141 Garden Street, Westbury)

Friday, June 21 at the Port Washington Adult Activities Center (80 Manorhaven Boulevard, Port Washington)

**No appointments required.**

**Please call 311 or 869-6311 to register or for more information.**

The Van will be available from 10 a.m. to 2 p.m.

[Learn more](#)

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## Project Independence Joint Advisory Committee Meeting - Wednesday, April 17, 2024

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. The next meeting will be both in person and virtual on Wednesday, April 17, 2024 at Clinton G. Martin Park at 10 a.m. Karen Keenan, Physical Therapist (Northwell Health) to present on Spring into Wellness Series: Getting Back into Shape.

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

[Learn more](#)

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## Frozen Food Fun - Wednesday, April 17, 2024

Presented by Cornell Cooperative Extension-Nassau County. Learn about healthy frozen food options. Participants will receive informational handouts and free recipe samples. Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, April 17, 2024 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](#)

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## Diabetes: What You Need to Know - Wednesday, May 22, 29, June 5, 12, 2024



Would you like to have more information on how to care for and manage your Diabetes, or a loved one who has Diabetes? Join us for a 4-session educational program

that can change the way you live with Diabetes. Presented by Danielle C. Ezzo, PharmD, BCPS, Associate Clinical Professor | Clinical Health Professions, College of Pharmacy and Health Sciences-St. John's University, Clinical Coordinator of Ambulatory Care Northwell Health | Medicine Specialties at Glen Oaks. This 4-session program meets on Wednesday, May 22, 29, June 5, 12, 2024 from 1 to 2:30 p.m. at the North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury, NY 11590. 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](#)

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## **Project Independence Exercise Classes Spring 2024 & North Hempstead TV**

Project Independence offers various FREE exercise classes including Yoga, Line Dancing, Low Impact Aerobics, Tai-Chi, Fitness and more! Register today for a class. Space is extremely limited and classes fill up fast!

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.

[Learn more](#)

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## Meals of Hope

Meals of Hope is all about feeding people – so naturally, they work diligently to ensure that the meals they pack are of the highest quality. They source nutritious, non-perishable ingredients from trusted sources and establish long-term partnerships to keep healthy foods available to our community's seniors.

Each package contains fortified beans and rice casserole ingredients (pre-cooked dried beans, soy protein, 6 dried vegetables, and 21 vitamins and minerals). Just add 6-10 cups of hot water and simmer for 20 minutes or until rice is tender. The package feeds 5-6 people, has a shelf life of 2 years and offers an easy and healthy alternative for seniors.

Packages are now available.

If you or someone you know is in need, don't wait. Call the Project Independence Team below to receive your FREE package.

Packets LIMITED

[Learn more](#)

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2024

# STOP THROWING OUT POLLUTANTS

All S.T.O.P. events take place between 9 a.m. and 3 p.m.

**Saturday, March 9**  
North Hempstead Beach Park (North Lot)

**Saturday, June 29**  
Westbury High School

**Saturday, September 28**  
North Hempstead Beach Park (North Lot)

**Sunday, October 13**  
North Hempstead Beach Park (North Lot)

Bring your aerosols, household chemicals, pesticides, disinfectants, fertilizers, bulbs, thermostats, rechargeable and lithium batteries, TVs, and computers. Residents are invited to shred any personal paper documents free of charge (limit 6 legal boxes per vehicle, per day).

The Town will be accepting gently used and working clothes, stuffed animals, electronics, toys, sporting equipment, shoes, books, small area rugs, bikes, scooters, luggage, picture frames, table lamps, bolts of fabric, silverware, glassware, dishes, and cosmetics. Each resident will receive a receipt for their donation for income tax purposes.

S.T.O.P. events, sponsored by the Town of North Hempstead, are for Town of North Hempstead residents only (no commercial vehicles allowed). Participants must show a driver's license or other valid proof of residency. 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 MORE INFORMATION:**  
VISIT: [NorthHempsteadNY.gov/STOPProgram](http://NorthHempsteadNY.gov/STOPProgram)  
CALL: 311 or (516) 869-6311



## North Hempstead's 2024

### S.T.O.P. Program Dates

The S.T.O.P. program offers Town of North Hempstead residents the opportunity to dispose of dangerous and chemical wastes that cannot be disposed of with routine curbside pickups.

The S.T.O.P. program will take place on the following dates from 9 a.m. to 3 p.m.:

- Saturday, June 29 at Westbury High School, 1 Post Road, Old Westbury
- Saturday, September 28 at North Hempstead Beach Park's North Lot
- Sunday, October 13 at North Hempstead Beach Park's North Lot

Residents can return items like aerosols, household chemicals, pesticides, disinfectants, fertilizers, bulbs, thermostats, rechargeable and lithium batteries, TVs and computers. Once dried out, Latex and water-based paints (usually 24-36 hours after the lid is removed) can be placed in a trash bag and thrown out with your regular household garbage. Latex and water-based paints are not accepted at S.T.O.P. collection sites. Oil-based paints, on the other hand, are considered hazardous and will be accepted at the S.T.O.P. program.

Residents are also invited to bring their sensitive documents to the S.T.O.P. event for proper shredding and destruction to prevent identity theft. These documents will be shredded on-site by a document shredding company and then transported to a pulping mill for recycling. There is a limit of 6 "bankers box" sized boxes per day.

For more information on the S.T.O.P. program, please call 311 or 516-869-6311 or visit [northhempsteadny.gov/stopprogram](http://northhempsteadny.gov/stopprogram).

[Learn more](#)

## North Hempstead's E-Waste Recycling Program

Once a month, the Town of North Hempstead hosts a program that allows our residents to recycle their e-waste. Click on the link below for a full list of dates and locations, and more information about the Town's recycling programs.

[Learn more](#)



**E-WASTE WILL NO LONGER BE ACCEPTED AT THE SUNDAY RESIDENT DROP OFF. Instead e-waste may be disposed of at the following 2024 Town events:**

<b>SATURDAY, FEBRUARY 24, 8 A.M. TO 12 P.M.</b> 802 West Shore Road, Port Washington	<b>SATURDAY, JULY 20, 8 A.M. TO 12 P.M.</b> 802 West Shore Road, Port Washington
<b>SATURDAY, MARCH 9, 9 A.M. TO 3 P.M.</b> North Hempstead Beach Park (North Lot) (Part of the Town's S.T.O.P. program)*	<b>SATURDAY, AUGUST 24, 8 A.M. TO 12 P.M.</b> 802 West Shore Road, Port Washington
<b>SATURDAY, APRIL 20, 8 A.M. TO 12 P.M.</b> 802 West Shore Road, Port Washington	<b>SATURDAY, SEPTEMBER 28, 9 A.M. TO 3 P.M.</b> North Hempstead Beach Park (North Lot) (Part of the Town's S.T.O.P. program)*
<b>SATURDAY, MAY 18, 8 A.M. TO 12 P.M.</b> 802 West Shore Road, Port Washington	<b>SUNDAY, OCTOBER 13, 9 A.M. TO 3 P.M.</b> North Hempstead Beach Park (North Lot) (Part of the Town's S.T.O.P. program)*
<b>SATURDAY, JUNE 29, 9 A.M. TO 3 P.M.</b> Westbury High School (Part of the Town's S.T.O.P. program)*	<b>SATURDAY, NOVEMBER 16, 8 A.M. TO 12 P.M.</b> 802 West Shore Road, Port Washington
	<b>SATURDAY, DECEMBER 7, 8 A.M. TO 12 P.M.</b> 802 West Shore Road, Port Washington

\*An asterisk indicates that this event will also include on-site document shredding services.

**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.**

**For more information, please visit our website at: [www.northhempsteadny.gov/residentdropoff](http://www.northhempsteadny.gov/residentdropoff) or Call 311**

## NEW YORK STATE BOATER SAFETY COURSE



### Boater Safety Courses - March 16, April 13, May 4, 2024

North Hempstead's Public Safety Department has several Bay Constables who are certified under the New York State Parks Department to teach the New York State Boater Safety Course. We are proud to be presenting this course free of charge to Town Residents. This is an excellent opportunity for residents who have not already taken a boater safety class to do so, in order to operate a motor boat or personal watercraft in New York State waters.

The one day eight-hour course will be given two more times this year: Saturday, April 13th, and May 4th. We invite you to participate in the course so you can obtain a NYS Boating Safety Certificate. The course will be given at the Michael J. Tully Park at 1801 Evergreen Ave., New Hyde Park. You must register online if you plan on taking the course as seats are limited.

The following are the links to register for the courses:

Saturday April 13th from 8am-4pm  
<https://www.register-ed.com/events/view/209003>

Saturday May 4th from 8am-4pm  
<https://www.register-ed.com/events/view/209004>

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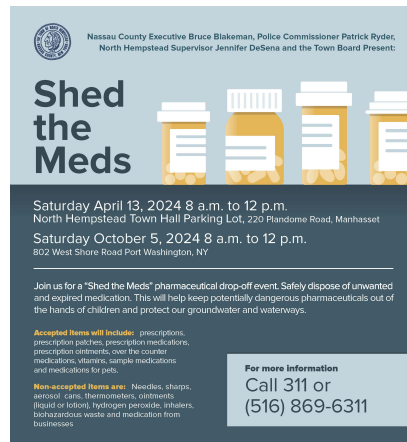
## North Hempstead's Shed the Meds Program

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.

"Shed the Meds" will take place on the following dates:

Saturday, April 13 from 8 a.m. to 12 p.m. at North Hempstead's Town Hall Parking Lot - 220 Plandome Road, Manhasset

Saturday, October 5 from 8 a.m. to 12 p.m. at 802 West Shore Road, Port Washington



Nassau County Executive Bruce Blakeman, Police Commissioner Patrick Ryder, North Hempstead Supervisor Jennifer DeSena and the Town Board Present:

### Shed the Meds

Saturday April 13, 2024 8 a.m. to 12 p.m.  
North Hempstead Town Hall Parking Lot, 220 Plandome Road, Manhasset

Saturday October 5, 2024 8 a.m. to 12 p.m.  
802 West Shore Road Port Washington, NY

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.

**Accepted items will include:** prescriptions, prescription patches, prescription medications, prescription ointments, over the counter medications, vitamins, sample medications and medications for pets.

**Non-accepted items are:** Needles, sharps, syringes, caps, thermometers, ointments (liquid or lotion), hydrogen peroxide, inhalers, biohazardous waste and medication from businesses.

For more information  
Call 311 or  
(516) 869-6311



Do you want to power your home more affordably and sustainably?



Experts from PSEG-LI, the NY Solar Energy Industries Association, Drive Electric LI and Cornell Cooperative Extension of Nassau County will provide information on:

- Free home energy audits
- Energy saving appliances and lighting
- Renewable heating
- Solar programs
- Electric vehicles
- Cornell Cooperative Extension's free Community Energy Advisor Program
- State and federal rebates, incentives, and tax credits

Webinar is free for all, but registration is required.  
To register visit [NorthHempsteadNY.gov/ClimateAction](http://NorthHempsteadNY.gov/ClimateAction)



## North Hempstead to Host Home Energy Savings Webinar - Wednesday, April 10 at 7 p.m.

North Hempstead Town Supervisor Jennifer DeSena and the Town Board are pleased to invite residents to a virtual, one-hour webinar titled “Home Energy Savings” on Wednesday, April 10th at 7:00 PM. The special, online event was designed to help residents learn about sustainable energy options from the comfort of their own homes.

The webinar kicks off with a local resident discussing their transition to renewables and highlighting their resulting energy and financial savings. Then, experts from PSEGLI, the New York Solar Energy Industries Association (NYSEIA) and Drive Electric Long Island will share details on:

- Free home energy audits
- Energy efficient appliances and lighting
- Renewable heating
- Solar programs
- Electric vehicles
- State and federal rebates, incentives, and tax credits

The webinar will conclude with the Cornell Cooperative Extension of Nassau County’s new Long Island-wide Community Energy Advisor program, which provides residents with free information and resources to help them make informed, clean energy decisions.

The Home Energy Savings webinar is free and open to the public. Those interested in learning more can visit [NorthHempsteadNY.gov/ClimateAction](http://NorthHempsteadNY.gov/ClimateAction) to register.

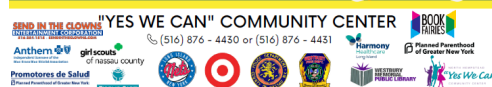
## Hop Into Spring Easter Egg

Hunt - Saturday, April 13 at 12 p.m.

North Hempstead Town Supervisor Jennifer DeSena and the Town Board invite residents to join them as they “Hop Into Spring” with a fun community event at Martin “Bunky” Reid Park in Westbury on Saturday, April 13th from 12 p.m. to 4 p.m.

Children will be asked to search for colorful eggs scattered throughout the park but there will also be arts and crafts, games, and much more. The Easter Egg Hunt is open to children of all ages, and participants are asked to bring their own bag or basket for egg collection.

Martin “Bunky” Reid Park is located at the corner of Broadway and Urban Avenues in Westbury, NY. The rain location for the event will be at the “Yes We Can” Community Center, directly across the street. For more information, please call (516) 869-6311 or 311.



## Spring Festival - Saturday, May 4

Follow the intoxicating smell of freshly bloomed flowers all the way to Clark Botanic Garden for North Hempstead's Annual Spring Festival on May 4 from 12 p.m. to 5 p.m. Join your neighbors from across the Town of North Hempstead as Clark Botanic Garden comes alive with wildlife presentations, garden tours, arts and crafts, character meet-n-greets, and much, much more! This event is sure to be fun for the whole family.



# North Hempstead's Spring Plant Sale - May 10 and May 11

North Hempstead will once again host our Annual Spring Plant Sale at Clark Botanic Garden on Friday, May 10 from 10 a.m. to 6 p.m. and Saturday, May 11 from 10 a.m. to 4 p.m.

Plants including annuals, perennials, herbs, veggies, trees & shrubs, and native plants will be available.



North Hempstead Supervisor Jennifer DeSena  
and the Town Board present:

**ASIAN-AMERICAN  
FESTIVAL**

Sponsored by:  
WAC LIGHTING  
Reasonable Lighting

AFGHANISTAN · CHINA · INDIA · JAPAN · KOREA · PAKISTAN · PHILIPPINES

Come and enjoy cultural performances and a lively market filled with arts and crafts, shopping, and the delicious cuisine of a variety of Asian countries.

WHERE:  
North Hempstead Beach Park  
West Shore Road, Port Washington

WHEN:  
Saturday, May 18, 2024,  
11:30 a.m. to 5 p.m.

For more info, please call 311 or visit [www.NorthHempsteadNY.gov](http://www.NorthHempsteadNY.gov)

A row of ten small portrait photos of the Town Board members, each with a name and title below it.

## Asian American Festival - Saturday, May 18

Come on down to North Hempstead Beach Park on May 18 to immerse yourself in North Hempstead's eclectic diversity as we celebrate the Town's Annual Asian American Festival. The celebration includes remarkable performances from around the world, mouthwatering food from local restaurants, and dynamic cultural activities for the whole family. Additionally, there will be a lively market representing many countries throughout Asia.



## Lifeguards Wanted!

The Town of North Hempstead is hiring lifeguards for the summer pool season. Click the link below and share the information with your families, friends and neighbors!

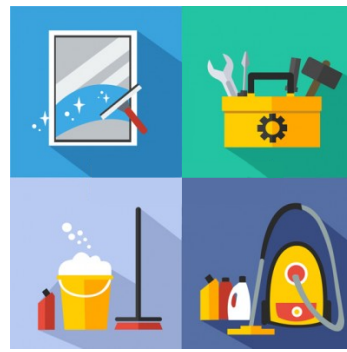


[Learn more](#)



## TRI Help at Home Program

The TRI Help at Home Program is designed to prepare individuals with disabilities to work in entry-level employment. Each student is trained to be proficient in Occupational Safety and Health Administration regulations (OSHA) and is supervised by a job coach.



Help at Home will be provided by TRI workers, supervised by their job coaches, to Town residents aged 60 and over. There is no charge for the service, but the homeowner/renter may need to pay for or provide any supplies needed. Services include gutter cleaning (1<sup>st</sup> floor), light yard work (minimal services), floor care (mopping or sweeping), moving heavy items, window cleaning (1<sup>st</sup> floor) and replacing batteries and lightbulbs. 516-869-6311 for more information.

[Learn more](#)



## Rebuilding Together LI

Rebuilding Together LI is a program to repair and rehabilitate the homes of low income, elderly and disabled homeowners. A work-scope visit is made by a skilled tradesperson. All repairs performed by Rebuilding Together Long Island, Inc. are completed by retired volunteers at no cost to the homeowner. This is an income-based program and services include grab bars, railings, weatherization and small repairs. Call 311 or 516-869-6311 for more information.

[Learn more](#)

 Supervisor Jennifer DeSena and the Town Board present:

## 2024 DEFENSIVE DRIVING CLASSES



## 2024 Defensive Driving Classes at Clinton G. Martin Park

The Town of North Hempstead is proud to partner with AARP to offer residents Defensive Driving classes throughout the year at Clinton G. Martin

Park. Classes are filling up fast! The classes will be held on Saturday, June 22, September 14, October 19, November 16, and December 14. All classes will take place from 9 a.m. to 4:30 p.m. with a 30 minute lunch break.

Those interested in attending should 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.

The cost is \$25 for AARP members and \$30 for non-members. To register or for more information, please call 311 or 516-869-6311.

[Learn more](#)

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## 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 time off.



[Learn more](#)



## 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.

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## 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.

[Learn more](#)



## 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!

[Learn more](#)

## 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.





## 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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## Neighbors Helping Neighbors: Telephone Reassurance Program

Would you like to make a difference in a Project Independence member's life or maybe you know a senior who would like to receive a friendly phone call for companionship and reassurance?

For many different reasons, seniors can feel isolated and disconnected. This program is designed to help keep seniors connected with one another. Our volunteers know that helping others adds meaning and fulfillment to their own lives; they understand the importance of friendship and companionship.

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](#)



## 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.





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