

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

# Project Independence E-News

## Project Independence August 2023 Newsletter



### *Register for NY Citizen Preparedness Training Program*

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions.

This training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing family emergency plan and stocking up on emergency supplies. Each family that attends will receive one preparedness kit.

The program will be on Wednesday, September 6, 2023 at 9 a.m. to 11 a.m. at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park, NY 11040.

REGISTRATION REQUIRED. To register and for additional information, visit <https://www.dhss.ny.gov/citizen-preparedness-training-calendar>.

[Click here for more information](#)

### **The Project Independence and You Radio Show - Friday, August 4, 11, 18 & 25, 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:

- August 4- Monica C. Richey, NP (Senior Nurse Practitioner NHPP – Division of Rheumatology, Northwell Health) to discuss Arthritis Treatment: What Everyone Should Know!
- August 11- Repeated Shows
- August 18- Repeated Shows
- August 25- Khy Ee Siew, RD (Community Nutrition Educator, Cornell Cooperative Extension of Nassau County) to discuss Better Beverage Choices & The Importance of Hydration

[Learn more](#)



### FunDay Monday - Monday, August 7, 14 & 21, 2023

This popular, FREE senior program, held at North Hempstead Beach Park in Port Washington, takes place every Monday from July 10 to August 21.

August 7: Residents will be treated to a Dance Aloha and Elvis Tribute at this summertime event.

August 14: The Rat Pack Tribute will be showcasing their talents with music from Frank Sinatra, Dean Martin and Jerry Lewis.

August 21: HomeTown USA: An exciting celebration of American traditions with crafts, hobbies, demos, musical performances, a classic car show and a special Salute to the Troops. Also enjoy performances by the Quatrain Barbershop Quartet and Bud & Linda as well as a vintage car show on the boardwalk.

FunDay Mondays will also have plenty of fun activities throughout the day including pickleball, line dancing, tai chi, a farm stand and more! Come on down each week for pickleball from 9 a.m. to 11 a.m., line dancing from 9 a.m. to 10 a.m. and 10 a.m. to 11 a.m., and Tai Chi for balance and health from 11 a.m. to 12 p.m.

FREE bus transportation is available from various points throughout the Town. For further information, or for a pick-up location near you, please call 311 or 516-869-6311.

[Learn more](#)

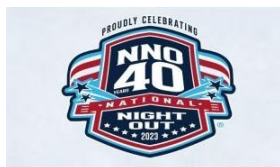
### Project Independence TV Exercise Classes Schedule

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.



## National Night Out - Tuesday, August 1

North Hempstead invites members of the community to celebrate "National Night Out," an opportunity to build a neighborhood, police and government partnership. Celebrations will be held at three different locations in the Town on Tuesday, August 1.

The Westbury event, will feature a parade and festivities. Assembly for the parade will begin at the Salvation Army Westbury Corps Community Center starts at 5 p.m. and marching will start at 5:30 p.m. The celebration will continue afterwards at Martin "Bunky" Reid Park.

Whitney Pond Park will be hosting its 3rd Annual National Night Out event from 4 p.m. to 6 p.m.

Our National Night Out celebration in Port Washington will be held at Lions Field (25 Glenn Lane) from 4 p.m. to 7 p.m.

For more information, please call 311.

[Learn more](#)

## St. Francis FREE Cardiac Screenings - Friday, September 8 & 22, 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.



Friday, September 8, 2023 from 10 a.m. to 2 p.m. - North Hempstead "Yes We Can" Community Center - 141 Garden Street, Westbury

Friday, September 22, 2023 from 10 a.m. to 2 p.m. - Clinton G. Martin Park - 1601 Marcus Ave., New Hyde Park

[Learn more](#)



## Project Independence Joint Advisory Committee Meeting - Wednesday, September 13, 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. Mariel Hunerberg (Director of Speech Therapy, Metro Occupational and Physical Therapy) to present on September is National Fall Prevention Awareness Month. 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.

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## Watch Your Step Fall Prevention Program - Wednesday, September 13, 20 & 27, 2023 & October 4 & 11, 2023



Presented by Project Independence Nurses (Northwell Health). Join this 5 session program and learn the 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. The program is on Wednesday, September 13, 20, 27, October 4, 11, 2023 from 1 p.m.-2:30 p.m. at the Port Washington Public Library (1 Library Dr, Port Washington, NY 11050). REGISTRATION REQUIRED.

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](#)



## Fridays at "Yes We Can" - Friday, September 29

Come join us for Fridays at the North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury starting on Friday, September 29 starting at 9:30 a.m.

Exercise for Balance and Strength  
Presented by NYU Langone Health  
9/29, 10/6, 10/13, 10/27, 11/3, 11/17, 12/1, 12/8 & 12/15

The Power of Music on your Health  
Presented by Emerge Nursing and Rehabilitation at Glen Cove  
9/29, 10/27 & 12/15

What in the World is Going On? & Color Me Calm  
Enjoy this current events discussion group while coloring for relaxation.  
9/29, 10/6, 10/13, 10/27, 11/3, 11/17, 12/1 & 12/8

Heart-to-Heart Bingo and Blood Pressure Screenings  
Kelly Steinmann, RN (PI Nurse) & Jina Etienne, MSW (PI Social Worker)  
10/6, 11/3, 11/17, 12/1 & 12/15

Brain Games  
Kelly Steinmann, RN (PI Nurse)  
10/13 & 12/8

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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## Free Sunscreen & Wellness Wednesday

The Town of North Hempstead is happy to provide free SPF30 sunscreen to residents this summer in partnership with Northwell's North



Shore University Hospital and Long Island Jewish Medical Center.

In addition to providing free sunscreen, North Shore University Hospital and Long Island Jewish Medical center will host a series of Wellness Wednesday events this summer at North Hempstead Town facilities!

For locations of dispensers and a schedule of upcoming events click the button below.

[Learn more](#)



### DEFENSIVE DRIVING CLASSES



## AARP Driving Course - Saturday, September 9, 2023

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

The classes will be held on: 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](#)

## 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.

## 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](#)

## 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.



## 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](#)



## Second Half Taxes Due Thursday, August 10

Town of North Hempstead Receiver of Taxes Charles Berman reminds residents that the last day to pay the 2023 General Taxes – second-half bill without a penalty, is Thursday, August 10, 2023. Second-half of the 2023 General Tax payments must be postmarked by the U.S. Postal Service on or before August 10, 2023 to avoid penalty. Second-half General Tax payments cannot be made until the first-half with appropriate penalties have been paid.

[Learn more](#)

## Native Plant Residential Rebate Program

Are you looking to beautify your property and help the environment? In partnership with the Nassau County Soil and Water Conservation District (NCSWCD), the Town is offering residents up to \$350 to install native plants in their home landscape. Native plants provide resources for pollinators and other wildlife, absorb air and water pollution, have low maintenance requirements and look beautiful!

[Learn more](#)



## Manorhaven Tennis Classes for Adults and Juniors

The Town of North Hempstead is excited to once again be partnering with Sportime to bring our residents adult and junior tennis programs at Manorhaven Park this summer.

Each session will have 4 classes that run over the course of 2 weeks. 1 hour sessions are \$85 per person and 1 & 1/2 hour sessions are \$135 per person. Upcoming sessions include: August 8 - August 17, and August 22 - August 31.

For more information, please click the button below, or call Sportime at 888-698-3664.

[Learn more](#)

## New Pickleball Courts at Tully Park

The Town of North Hempstead recently added 14 new pickleball courts to Michael J. Tully Park in New Hyde Park. The 14 lighted courts are open daily from 8 a.m. to 9 p.m.

Courts are open to North Hempstead residents only and a Tully Park pickleball ID card is required to participate. Cards are complimentary and available at the Tully Park Aquatic Activities Center with proof of residency. For more information on the courts and to learn more about obtaining a card, please call 311.



## Grand Reopening of Fuschillo Park

North Hempstead's Charles J. Fuschillo park has



reopened after the Town embarked on an extensive renovation project to bring major improvements to the park. The recently completed project includes a new playground, a splash park, outdoor fitness equipment, a shaded picnic area, games, and more.

## Town's Landscaping Law Prohibiting Gas-Powered Leaf Blowers Back in Effect

The Town reminds residents and landscaping companies that the Town's landscaping regulations are now back in effect as of June 15. The regulations are aimed at reducing noise and air pollution caused by gas-powered leaf blowers. Under the regulations, commercial landscapers are prohibited from using gas-powered leaf blowers from June 15 to September 15 every year.

Commercial landscaping is permitted between 8 a.m. to 7 p.m. weekdays, 10 a.m. to 5 p.m. on Saturdays and no operation on Sundays and holidays. These restrictions may be suspended during emergencies.



## Summer Concerts and Events

Join us this summer for one of North Hempstead's summer concerts and events. With a wide array of live performances and movies in parks across the Town, there's something for everyone!

For a complete listing, click on the button below.

[Learn more](#)

## Vendors and Sponsors for Upcoming Events

Are you a business or organization interested in being a vendor or sponsor for an upcoming Town event? Please click on the link below to sign up and for more information:

<https://bit.ly/TONHVendor>

[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.

[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.



## 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.

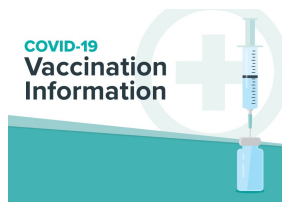
To learn more click the button below or call 311.

[Learn more](#)

## 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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