NORTH HEMPSTEAD TOWN SUPERVISOR JENNIFER DeSENA AND THE TOWN BOARD ARE PROUD TO PRESENT **Project Independence** E-News

Project Independence August 2024 Newsletter



Town of North Hempstead Supervisor Jennifer DeSena, the Town Board and the Department of Community Services are proud to present:



A CELEBRATION OF AMERICAN TRADITIONS WITH A SALUTE TO OUR ARMED FORCES

Monday, August 19, 2024 10:00 a.m. to 2:00 p.m.

Rain Date: Thursday, August 22, 2024 North Hempstead Beach Park (Bar Beach), Port Washington

Live Entertainment Classic Car Show Vintage Fire Trucks Craft & Hobby Exhibit

11:00 a.m. Salute to the Armed Forces

Pickleball Line Dancing Fitness Mahjong



Hot Dogs and Ice Cream will be provided for our FunDay Monday Seniors

















Hometown USA - A Celebration of American Traditions with a Salute to our Armed Forces Monday, August 18 from 10 a.m. to 2 p.m.

Our veterans, active servicemen and servicewomen, and fallen heroes are an extraordinary group of people. The sacrifices they have made are immense, and the heroism they have and continue to display in defense of our Democracy is truly inspiring. Join us on Monday, August 19 as we honor our Armed Forces at a special FunDay Monday event.



Project Independence Social Discussion Group - Thursday, August 1 and 8, 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

The Project Independence and You Radio Show - Friday,

August 2, 9, 16, 23, 30, 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 LIVE on Fridays from 10 a.m. to 12 p.m. on WCWP 88.1 FM or wcwp.org or download the app. Past episodes (audio & video) are available at 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 for up-to-date schedules.

Upcoming Shows

August 2- Carol Ostrow (Author, Theatrical Producer, Director, Actress, Dancer and former High Fashion Model) to discuss Book-Poetry in Motion with Much Emotion: A Life Well Lived

August 9- Repeated Shows

August 16- Gregg Balbera, CSA (Owner Certified Senior Advisor-Right at Home Nassau Suffolk) to discuss Seniors & Housekeeping

August 23- Repeated Shows

August 30- Repeated Shows

Learn more



What Matters to You Men's Community Group - Friday, August 16, 23, 30, 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 Rd, New Hyde Park, NY 11040) 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

St. Francis FREE Cardiac Screenings - Friday, September 6 & Tuesday, September 10, 2024

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.

Friday, September 6 from 10 a.m. to 2 p.m. at the "Yes We Can" Community Center, 141 Garden Street, Westbury

Tuesday, September 10 from 10 a.m. to 2 p.m. at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park



Learn more



Blankets of Love - Tuesday, September 10, 17, 24, 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 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.

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

Learn more

Golden Hearts Bingo & Blood Pressure Screenings - Thursday, September 12, 19, 26, 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





Project Independence Joint Advisory Committee Meeting -Wednesday, September 18, 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 new friends.

make

The next meeting will be both in person and virtual on Wednesday, September 18, 2024 at Clinton G. Martin Park at 10 a.m. Dr. Brian Mayrsohn (Comprehensive Pain Management Physician, Maywell Health) will discuss Comprehensive Pain Management: Live your healthiest, most pain free life.

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

Learn more

Puzzle Time - Wednesday, September 18, October 2, 16, 30, November 13 and December 4, 2024

Facilitated by Debra Marks, LMSW (PI Social Worker) and Kelly Steinmann, R.N. (PI Nurse). Jigsaw puzzles are a timeless form of entertainment for people of all ages. Puzzles improve brains, help people relax, are a good opportunity for social interaction, and are just good fun! Please join us at The Homestead (Community Room), 252 Grand Street, Westbury on Wednesday, September 18, October 2, 16, 30, November 13 and December 4, 2024 from 2-3 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

Puzzle Time





Fridays at Yes We Can -

September 20, 27, October 4, 11,

25, November 1, 15, 22, December

6, 13**, 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.

- Exercise for Balance and Strength* Presented by NYU Langone Health 9:30 a.m.
- Heart-to-Heart Bingo and Blood Pressure Screenings Kelly Steinmann, RN (PI Nurse) & Debra Marks, LMSW (PI Social Worker) 11 a.m.
- Kindness Rocks!
 Paint rocks with inspirational messages and leave them for children to find. Gia Montelbano (Services for the Aging/PI) & Kelly Steinmann, RN (PI Nurse) 11 a.m.
- Let the Games Begin: Boost Your Brainpower & Coordination Kelly Steinmann, RN (PI Nurse) 11 a.m.
- Social Hour 12:15 p.m.

*Registering for Exercise for Balance and Strength does not count toward the 2 PI Exercise class per person limit.

*December 13th is the End of the Semester Holiday Gathering

REGISTRATION REQUIRED

Please call 311 or 516-869-6311 to register or for more information.

Learn more

Watch Your Step Fall Prevention Program - Wednesday, September 25, October 2, 9, 23, 30, 2024

Presented by Project Independence Nurses (Northwell Health). 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 at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park on Wednesday, September 25, October 2, 9, 23, 30, 2024 from 9:30 a.m.-11 a.m.



REGISTRATION REQUIRED

Please call 311 or 516-869-6311 to register or for more information.

Learn more

Bridge Class - Wednesday,

October 2, 9, 16, 23, 30, 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



SMART Van (Family and Children's Association (FCA) Senior Mobile Access to Resources & Technology -Wednesday, October 16, 2024 and Thursday, November 14, 2024

Technology doesn't have to be difficult! Visit the SMART Van for technological training, connection to resources, informal counseling, Medicare open enrollment assistance and more!

Wednesday, October 16, 2024 Clinton G. Martin Park (1601 Marcus Avenue, New Hyde Park)

Thursday, November 14, 2024 Port Washington Adult Activities Center (80 Manorhaven Blvd, Port Washington)

The Van will be available from 10 a.m. to 2 p.m. NO APPOINTMENTS REQUIRED. North Hempstead Project Independence invites all Town residents 60 and over.

Please call 311 or 516-869-6311 for more information.

Learn more

Memory Poetry Workshops -Wednesday, November 6, 2024 and Friday, December 6, 2024

In collaboration with The Story Round. Facilitated by The Story Round -Jennifer Albertson & Eva Shtein (Founders & Facilitators). This interactive workshop helps you tap into the richness of your past to craft meaningful works of poetry. Explore the power of storytelling, Unlock your inner writer, Discover the joy of selfexpression, Connect with your peers and have some fun with poetry!

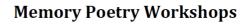
Wednesday, November 6, 2024 10 a.m.-11:30 a.m. Clinton G. Martin Park (1601 Marcus Avenue, New Hyde Park)

Friday, December 6, 2024 12 p.m.-1:30 p.m. Port Washington Adult Activities Center (80 Manorhaven Blvd, Port Washington)

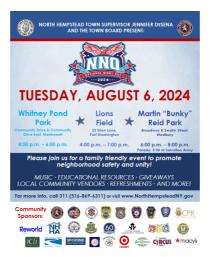
North Hempstead Project Independence invites all Town residents 60 and over. SPACE IS LIMITED. REGISTRATION REQUIRED

Please call 311 or 516-869-6311 to register or for more information.

Learn more







National Night Out - Tuesday August 6, 2024

North Hempstead Town Supervisor Jennifer DeSena and the Town Board invite members of the community to celebrate National Night Out on Tuesday, August 6. North Hempstead will be hosting three National Night Out events across the town, with celebrations taking place in Westbury, Port Washington, and Manhasset.

The events will feature music, singing, dancing, healthcare service providers, crime prevention information, educational resources, cultural entertainment, refreshments, arts & crafts, raffles, games, health screenings, giveaways, and more.

National Night Out in Westbury will take place on Tuesday, August 6 from 5 p.m. to 8 p.m. at Martin "Bunky" Reid Park, Broadway Avenue & Urban Avenue, Westbury. It will feature a parade and festivities. Assembly for the parade will take place at the Salvation Army Westbury Corps Community Center at 5 p.m., and the march will commence at 5:30 p.m.

National Night Out in Port Washington will take place on Tuesday, August 6 from 4 p.m. to 7 p.m. at Lions Field, 25 Glen Lane, Port Washington.

National Night Out in Manhasset will take place on Tuesday, August 6 from 4 p.m. to 6 p.m. at Whitney Pond Park, Community Drive @ Community Drive E., Manhasset.



Town Clerk Ragini Srivastava's Corner - Proof of Life

The Town Clerk and deputies are authorized to provide Proof of Life (aka Life Certificate) for Town residents free of charge. Appointments can be made with the Town Clerk to sign and stamp certificates of life/proof of life. You will need to provide evidence of identity, including date of birth (such as a passport) and proof of current address/place of residence.

Tax Tips from Receiver of Taxes

Mary Jo Collins

Avoid late payment penalties- two ways to ensure you don't miss the deadline for paying your taxes.

1. Sign up for our Tax office email reminders- In addition to receiving a reminder card in the mail, you will receive an email from our office regarding upcoming deadline for tax payments for both General and School Taxes

2. Arrange for a third-party designee to receive a copy of your tax bills- These forms are available in our office and will be on our Town of North Hempstead website soon.

For assistance with these two services or other tax related questions you can email us at tax@northhempsteadny.gov or call Tax Office: (516) 869-7800.

Visit the Receiver of Taxes at Funday Monday events this summer for any available forms.



Town of North Hempstead

MOVIES IN THE PARK



The Super Mario Bros. Movie

Tuesday, August 13 at 8:15 p.m. Whitney Pond Park, Community Drive & Community Drive E., Manhasset

Movies in the Park - Tuesday, August 13, 2024 at 8:15 p.m.

North Hempstead's Tuesday Movies in the Park continues on Tuesday, August 13 with a showing of The Super Mario Bros. Movie at Whitney Pond Park beginning at 8:15 p.m.

Concerts at the Park Continue

throughout August!

Radio Flashback Thursday, August 1 at 7 p.m. North Hempstead Beach Park

Fiesta Tropical Triple M Friday, August 2 at 7:30 p.m. Manorhaven Beach Park

Decadia Sunday, August 4 at 7 p.m. Manorhaven Beach Park

Dr. K's Motown Revue Thursday, August 8 at 7 p.m. Whitney Pond Park

Wonderous Stories Sunday, August 11 at 7 p.m. North Hempstead Beach Park

Cold Spring Harbor (Billy Joel Tribute Band) Tuesday, August 13 at 7 p.m. North Hempstead Beach Park

45RPM

Sponsored by the Lakeville Estates Civic Association Wednesday, August 14 at 7 p.m. Clinton G. Martin Park

The Hambones Thursday, August 15 at 7 p.m. Clark Botanic Garden

Face to Face (Elton John and Billy Joel Tribute Band) Sunday, August 18 at 7 p.m. Manorhaven Beach Park

Who's Next (The Who Tribute Band) Thursday, August 22 at 7 p.m. North Hempstead Beach Park

Country Band - South Bound Friday, August 23 at 7 p.m. North Hempstead Beach Park

AUGUST CONCERTS

Radio Flashback Thursday, August 1 at 7 p.m. North Hempstead Beach Park Fiesta Tropical Triple M Friday, August 2 at 7:30 p.m. Manorhaven Beach Park

Decadia Sunday, August 4 at 7 p.m. Manorhaven Beach Park

Dr. K's Motown Revue Thursday, August 8 at 7 p.m. Whitney Pond Park Wonderous Stories Sunday, August 11 at 7 p.m. North Hempstead Beach Park Cold Spring Harbor (Billy Joel Tribute Band) Tuesday, August 13 at 7 p.m. North Hempstead Beach Park

45RPM

Sponsored by the Lakeville Estates Civic Association Wednesday, August 14 at 7 p.m. Clinton G. Martin Park The Hambones Thursday, August 15 at 7 p.m. Clark Botanic Garden Face to Face (Elton John and Billy Joe Tribute Band) Sunday, August 18 at 7 p.m. Manorhaven Beach Park Who's Next (The Who Tribute Band) Thursday, August 22 at 7 p.m. North Hempstead Beach Park Country Band - South Bound Friday, August 23 at 7 p.m. North Hempstead Beach Park



Farmer's Market at Clinton G.

Martin Park

Our partnership with the Long Island Growers Market has begun! Together, we will be hosting a farmers market at Clinton G. Martin Park every Friday throughout the summer and fall... all the way through November 22, 2024! The farmers market will be open from 7 a.m. to 1 p.m., featuring a delicious selection of food from the following:

Fred Terry and Son Farm: Fresh vegetables and fruit.

Orchard of Conklin: fresh fruit, berries, fruit pies, tarts, honey, cookies, cider, donuts, homemade quiche, eggs, homemade peanut butter.

Horman's Best Pickles: assorted homemade pickles, jarred vegetables, homemade Bloody Mary Mix.

Jessie's Empanadas: assorted stuffed empanadas, all flavors (meat, vegetables, and cheese) and sauces.

Captain Mike Fresh Catch Of The Day: fresh catch seafood, dinners ready to go, shellfish and more.

Cheese Guy: hard and soft cheeses, gourmet cheeses.

Demi Food Truck: breakfast treats, coffee, tea, and more.

Bambino Ravioli Pastificio: famous raviolis.

Vashty: homemade candles. Goodness Dairy: homemade ice cream and fresh milk.

Park Fresh: homemade cannoli, all flavors.

Learn More



North Hempstead's E-Waste Recycling Program & Next S.T.O.P. Date

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

Additionally, North Hempstead's next Stop Throwing Out Pollutants event will take place on Saturday, September 28 at North Hempstead Beach Park. Please visit https://www.northhempsteadny.gov/sto pprogram to learn more.

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 (1st floor), light yard work (minimal services), floor care (mopping or sweeping), moving heavy items, window cleaning (1st 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 performed by Rebuilding repairs 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

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!

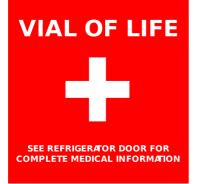
Learn more

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.

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.

<u>Click Here</u> to learn more about the WCWP Radio app.

<u>Click Here</u> to learn more about turning into to WCWP live.

Past episodes are also available at: <u>www.northhempsteadny.gov/PI-Radio-Shows</u>

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

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

This email was sent to {{ contact.EMAIL }}You received this email because you are registered with the Town of North Hempstead

Unsubscribe here

© 2024 Town of North Hempstead

Jennifer DeSena Supervisor

Robert Troiano, Jr. - Edward Scott - Dennis J. Walsh Christine Liu - David Adhami - Mariann Dalimonte Council Members

> Ragini Srivastava Town Clerk

> Mary Jo Collins Receiver of Taxes

Mailing address: 220 Plandome Road, Manhasset, NY 11030 Telephone: 516-869-6311 http://www.tonhprojectindependence.net/