

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

# Project Independence E-News

## Project Independence December 2023 Newsletter



Happy Holidays from Project Independence

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### The Project Independence and You Radio Show - Friday, December 1, 8, 15, 22 & 29, 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 [wcpw.org](http://wcpw.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:

- December 1- Cynthia LaRocca, DNP, RN, NPD-BC (Director of Education and Policy-Military Liaison Services, Northwell Health) to discuss Military Liaison Services
- December 8-Gregg Balbera, CSA (Owner, Certified Senior Advisor, Right at Home Nassau Suffolk) to discuss Sensi 24/7 AI Virtual Care
- December 15- Khy Ee Siew, RD (Cornell Cooperative Extension Nassau County) to discuss Healthy Holiday Eating
- December 22- Blanka Kaplan, MD FAAAAI, FAAAAI (Adult and Pediatric Allergy, Asthma and Clinical Immunology | Director, Drug Allergy and Desensitization Center-Section Head, Adult Allergy and Immunology | Associate Professor of Medicine and Pediatrics at Donald and Barbara Zucker School of Medicine at Hofstra/Northwell) to discuss All About Allergies
- December 29-Repeated Shows

[Learn more](#)



## **Fridays at "Yes We Can" - Friday, December 1, 8 & 15, 2023**

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

Exercise for Balance and Strength  
Presented by NYU Langone Health  
12/1, 12/8 & 12/15

The Power of Music on your Health  
Presented by Emerge Nursing and Rehabilitation at Glen Cove  
12/15

What in the World is Going On? & Color Me Calm  
Enjoy this current events discussion group while coloring for relaxation.  
12/1 & 12/8

Heart-to-Heart Bingo and Blood Pressure Screenings  
Kelly Steinmann, RN (PI Nurse) & Debra Marks, LMSW (PI Social Worker)  
12/1 & 12/15

Brain Games  
Kelly Steinmann, RN (PI Nurse)  
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](#)

## **Blankets of Love - Tuesday, December 5, 12 & 19, 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. Please call 311 or 869-6311 to register or for more information.

[Learn more](#)



## **Bridge Class - Wednesday, December 6, 13, 20, 2023**

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 basic knowledge who wish to improve their skills.  
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 a.m. and the Intermediate Class meets on Wednesdays from 11 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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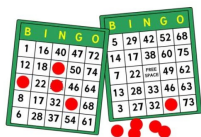
## St. Francis FREE Cardiac Screenings - Wednesday, December 6

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.



Wednesday, December 6, 2023 10 a.m.-2 p.m.  
- Magnolia Gardens 899 Broadway, Westbury, NY

[Learn more](#)



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## Golden Hearts Bingo & Blood Pressure Screenings - Thursday, December 7, 14, 21, 2023

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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## Project Independence Social Discussion Group - Thursday, December 7, 14, 21, 2023

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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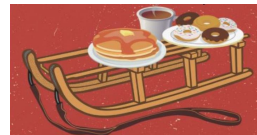
## What Matters to You Men's Community Group - Friday, December 8, 15, 22 & 29, 2023

Facilitated by Gail Selis, Gerontologist (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 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](#)

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## Project Independence Holiday Brunch Party - Wednesday, December 13, 2023



Celebrate the warmth of the season with brunch, entertainment, and holiday cheer! Register today for the Project Independence Holiday Brunch Party. OPTIONAL grab bag \$10.00 per gift limit. The meeting will be held at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park from 11 a.m. to 1 p.m. **REGISTRATION IS REQUIRED. SPACE IS LIMITED.** 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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## 'Tis the Season for Cookies and Hot Cocoa - Thursday, December 14, 2023

Facilitated by Debra Marks, LMSW (EAC/Project Independence Social Worker). Join us as we decorate delicious holiday cookies, sip on some hot cocoa, and feel the warmth of the season! Please join us at Magnolia Gardens, 899 Broadway, Westbury on Thursday, December 14, 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](#)

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## Intuitive Eating - Wednesday, December 20, 2023

Presented by Cornell Cooperative Extension-Nassau County. This workshop will introduce you to what Intuitive Eating is, what it is not, who it is for, and how you can start incorporating some or all its principles into your day. This includes learning how to be present when eating, eating without any distractions, avoiding mindless eating, knowing how to listen to your internal hunger cues, and more. Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, December 20, 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](#)



## Project Independence Exercise Classes Fall 2023

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

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.

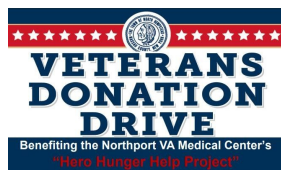
## Project Independence TV Exercise Classes Schedule

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.



## Veterans Donation Drive Benefiting the Northport VA

North Hempstead Town Supervisor Jennifer DeSena, the Town Board, and the Town's Veterans Advisory Committee are proud to be hosting the 2023 Veterans Donation Drive benefiting the Northport VA Medical Center. This year's donations will once again benefit the Hero Hunger Help Project.

The Hero Hunger Help Project, which began in 2006, helps veterans combat food insecurity. As part of the donation drive, the Town is collecting gift cards for grocery stores and pharmacies to help local veterans combat food insecurity. Requested gift cards can be purchased from ShopRite, Stop & Shop, CVS, and Walgreens. The Northport VA will be distributing the gift cards to veterans receiving support services and to those who need them. The last day of the donation collection will be on Friday, December 8.

Those interested in donating can drop off gift cards to:

- Town Hall (Supervisor's Office) - 220 Plandome Road, Manhasset
- Clinton G. Martin Park - 1650 Marcus Avenue, New Hyde Park
- Michael J. Tully Park - 1801 Evergreen Avenue, New Hyde Park
- Or call 516-869-7703 to arrange for pick up

[Learn more](#)

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## Manhasset Christmas Tree Lighting - Friday, December 1

The Annual Manhasset Christmas Tree Lighting Ceremony will be held on Friday, December 1 at 4 p.m. at Mary Jane Davies Green in Manhasset. The event is expected to attract hundreds of local residents as they celebrate the kickoff to the holiday season.



There will be musical performances, awards for the winners of the Manhasset Chamber of Commerce's Poster contest and the lighting of the trees. There will also be an appearance by Santa, who will arrive by fire truck, following the tree lighting.

Mary Jane Davies Green is located on Plandome Road across from Town Hall at 220 Plandome Road, Manhasset..



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## Chanukah Festival & Menorah Lighting - Sunday, December 10

Join the Town of North Hempstead and the Chabad of Manhasset for this year's Chanukah Festival on Sunday, December 10 starting at 3 p.m. at Mary Jane Davies Green in Manhasset.

Mary Jane Davies Green is located on Plandome Road across from Town Hall at 220 Plandome Road, Manhasset.

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## Toys for Tots Collection Drive Through December 9

Town of North Hempstead Supervisor Jennifer DeSena and the Town Board are hosting a month-long collection drive to help benefit needy families and less fortunate children throughout the community during the upcoming holiday season. The Town will partner with the United States Marine Corps and collect new and unwrapped toys at collection boxes placed at Town facilities through Saturday, December 9. Collection locations include:

- North Hempstead Town Hall - 220 Plandome Road, Manhasset
- Clinton G. Martin Park - Marcus Ave & New Hyde Park Road, New Hyde Park
- Michael J. Tully Park - 1801 Evergreen Avenue, New Hyde Park



North Hempstead Supervisor Jennifer DeSena, the Town Board and the United States Marine Corps present:


### Toys for Tots Toy Drive

This season is about family, traditions, and giving. Here at North Hempstead we would like to make sure that we do our part to help those less fortunate when we can. With that in mind we will be collecting new and unwrapped toys for Toys for Tots. We ask that you please bring in a new and unwrapped toy by Saturday, December 9 to any of the below designated drop off locations:

North Hempstead Town Hall  
220 Plandome Road, Manhasset

Clinton G. Martin Park  
1601 Marcus Avenue, New Hyde Park

Michael J. Tully Park  
1801 Evergreen Avenue, New Hyde Park (lobby)



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## "Yes We Can" Winter Holidays Celebration & Tree Lighting Ceremony - Friday, December 15

The Town will be holding a Winter Holidays Celebration and Christmas Tree Lighting Ceremony at the "Yes We Can" Community Center in Westbury on Friday, December 15, at 5 p.m.

The event is free of charge. The North Hempstead "Yes We Can" Community Center is located at 141 Garden Street, Westbury, NY 11590.

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## MulchFest Treecycling - Beginning December 29

North Hempstead Town Council Member Mariann Dalimonte is proud to be hosting MulchFest, a treecycling event, at different parks across the Town. This event will transform non-artificial Christmas trees into mulch.



Beginning Friday, December 29 through Monday, January 8 (daily from 8 a.m. to 2 p.m.) residents can bring their tree to North Hempstead Beach Park North Lot (175 West Shore Road, Port Washington) or Michael J. Tully Park (1801 Evergreen Avenue) to be upcycled and mulched. All trees must have their decorations and ornaments removed. The mulch will be used to help the soil and plants at local Town parks. For more information, please call 311 or 516-869-6311.



### Free At-Home COVID-19 Tests

Residential households in the U.S. can order free at-home COVID-19 tests from U.S. government. Each household is now eligible to order a new round of four free at-home rapid antigen tests. You can order by calling the hotline at 1-800-232-0233 or by visiting: [www.covidtests.gov](http://www.covidtests.gov).

[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

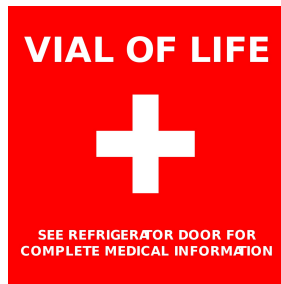
The Project Independence Circle of Support is a life planning tool that includes trusted people, organizations, and other resources that come together to help you live a more healthy, social and productive life in your community. "YOU" control the process so that you can be the "Director of Your Life". 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

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](#)





## 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.

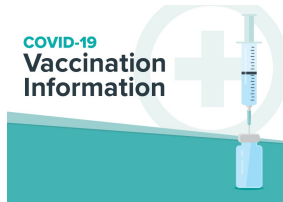
[Learn more](#)

## 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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