

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

Project Independence E-News



Project Independence
December 2024 Newsletter



**The Project Independence Team wishes
you a happy and healthy holiday season
and New Year!**



St. Francis FREE Cardiac Screenings

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.

Monday, December 2, 2024 from 10 a.m. to 2 p.m. at the Port Washington Adult Activities Center, 80 Manorhaven Boulevard, Port Washington

Wednesday, December 11, 2024 from 10 a.m. to 2 p.m. at Magnolia Gardens, 899 Broadway, Westbury

Thursday, December 19, 2024 from 10 a.m. to 2 p.m. at the Manhasset Valley Residence, 155 East Shore Road, Manhasset

[Learn more](#)

Blankets of Love - Tuesday, December 3, 10, 17, 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.**



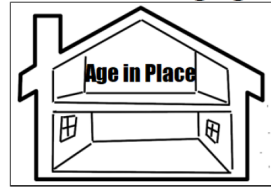
[Learn more](#)

Tips for Successful Aging in Place - Wednesday, December 4, 2024

Presented by Gail Portee, Community Ambassador, Family & Children's Association Alzheimer's Caregiver Support Program. Aging in place is the practice of staying in your own home, as you grow older. There are plenty of tips that can help you stay safe, healthy, and happy in your own home by staying proactive. You can enjoy a happy and healthy life in your own home well into your golden years. Please join us on Wednesday, December 4, 2024 from 9:30 a.m. to 11 a.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](#)

Tips for Successful Aging in Place



Food Safety Bingo - Wednesday, December 4, 2024



Presented by Cornell Cooperative Extension-Nassau County. Join us for an exciting, interactive class on food safety. Please join us on Wednesday, December 4, 2024 from 11 a.m. to 12 p.m. at Magnolia Gardens, 899 Broadway, 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](#)

Bridge Class - December 4 & 11, 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.



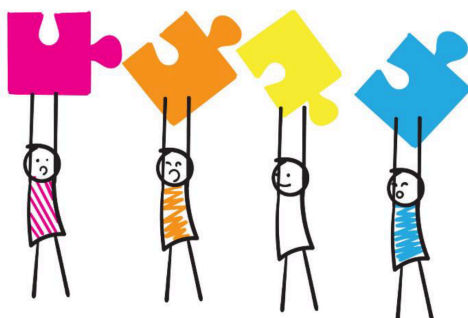
Beginner Class- Players with little or no knowledge of the game of bridge.

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](#)

Puzzle Time



Puzzle Time - Wednesday, 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, 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](#)

Project Independence Social Discussion Group - December 5, 12, 19, 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](#)

Golden Hearts Bingo & Blood Pressure Screenings - Thursday, December 5, 12, 19, 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](#)



Fridays at Yes We Can - Friday, December 6 and 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.

*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.

Exercise for Balance and Strength* Presented by NYU Langone Health - 9:30 a.m. 12/6, 12/13

Let the Games Begin: Boost Your Brainpower & Coordination, Kelly Steinmann, RN (PI Nurse), 11 a.m., 12/6

Social Hour, 12:15 p.m., 12/6

[Learn more](#)

The Project Independence and You Radio Show - Friday, December 6, 13, 20, 27, 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

Town of North Hempstead

Project 
**Independence
Radio Show**

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.

The Project independence podcast is now available from your favorite podcast provider! Just search Project Independence and YOU! and subscribe.

Upcoming Shows

December 6-Gregg Balbera, CSA (Owner Certified Senior Advisor-Right at Home Nassau Suffolk) to discuss Long-Distance Caregiving: A Checklist for Holiday Visits and

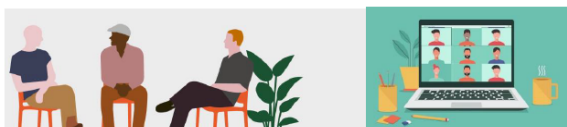
Town Clerk Ragini Srivastava to discuss the Clerk's Office Services

December 13-Carol Leitner, MBA (Holistic Health Educator & Yoga Instructor) to discuss How to Optimize Your Physical & Emotional Health especially during the Winter Months

December 20-Manda Kristal (Financial Exploitation & Abuse Program Coordinator, DCJS,FCA and Senior Financial Counselor, FCA) to discuss Latest Tips on Frauds & Scams Prevention

December 27-Repeated Shows

[Learn more](#)



What Matters to You Men's Community Group - Friday, December 6, 13, 20, 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](#)

Memory Poetry Workshop - 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 self-expression, Connect with your peers and have some fun with poetry! Please join us on Friday, December 6, 2024 from 12 p.m. to 1:30 p.m. at the 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](#)

Memory Poetry Workshops



Knowledge is Power: Understanding Your Pathways to Recovery



Knowledge is Power: Understanding Your Pathways to Recovery Wednesday, December 11, 2024

Presented by Maria Liotta, RN (PI/Northwell Health Nurse). You experienced a medical injury, now what? Come join us to learn the potential short-term and long-term care options and whether to choose a skilled nursing facility or acute rehab. Learn the

importance of having up-to-date emergency medical tools including the Vial of Life, Health Care Proxy, and Personal Emergency Response System (PERS). Please join us on Wednesday, December 11, 2024 from 10 a.m.-11 a.m. at the Great Neck Social Center (80 Grace Avenue, Great Neck). **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 Holiday Party - Wednesday, December 18, 2024



Celebrate the warmth of the season with breakfast, entertainment, and holiday cheer! Register today for the Project Independence Holiday Party. **OPTIONAL** grab bag \$10.00 per gift limit. The party will be held on Wednesday, December 18, 2024 from 10 a.m. to 12 p.m. 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](#)

Brain Games Tuesday, January 7, 2025

Presented by Andrea Taylor, LMSW (EAC/PI Social Worker) and JoAnne Tricarico, RN (Northwell/PI Nurse). Have some fun while exercising your brain! Brain games are enjoyable activities that challenge your brain with the goal of keeping your mind strong. Please join us

Brain Games



on Tuesday, January 7, 2025 from 11 a.m.-12 p.m. at Mineola Memorial Library, 195 Marcellus Rd, Mineola, NY 11501. **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](#)



Town Clerk Corner

North Hempstead Town Clerk Ragini Srivastava will host extended hours for passport applications on Wednesday, December 4 from 5 p.m. to 7 p.m. and Wednesday, December 18 from 5 p.m. to 7 p.m. at the Town Clerk's Office, 200 Plandome Road, Manhasset. Call 516-869-7977 or 516-869-6311 to make an appointment

[Learn More](#)

VETERANS DONATION DRIVE
Benefiting the Northport VA Medical Center's "Hero Hunger Help Project"

The graphic features a dark blue background with a red and white star border at the top. In the center is the official seal of Nassau County, New York. Below the seal, the words "VETERANS DONATION DRIVE" are written in large, bold, white, sans-serif capital letters. At the bottom, a dark blue banner contains the text "Benefiting the Northport VA Medical Center's 'Hero Hunger Help Project'" in white and red.

North Hempstead Veterans Donation Drive

North Hempstead is proud to be hosting the 2024 Veterans Donation Drive. Proceeds will benefit the Nassau County Veterans Service Agency's Food Pantry as well as the Northport VA Medical Center. The donation drive will run through Friday, December 6.

Residents are asked to donate gift cards from grocery stores and pharmacies only, which will help local veterans combat food insecurity and aid their overall well-being. The Northport VA and the Nassau County VSA will distribute the gift cards to

veterans receiving support services and to other veterans who need them.

Those interested in donating can drop off gift cards to:

- 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
- Or call (516) 869-7703 to arrange for pick-up

North Hempstead Toys for Tots Donation Drive

North Hempstead Town Supervisor Jennifer DeSena and the Town Board announced the launch of this year's Toys for Tots collection drive, held in partnership with the United States Marine Corps. The drive ensures underprivileged children and families in the community feel holiday joy through donated gifts, and it has long been one of Long Island's most popular seasonal charities. Residents are encouraged to drop off new, unwrapped toys at collection boxes placed in various town facilities through December 9.

Drop-off locations are listed below:

Charles J. Fuschillo Park
Carle Road at Broadmoor Lane, Carle Place

John D. Caemmerer Park
Wentworth Avenue, Albertson

Clark Botanic Garden
193 I.U. Willets Road, Albertson

Michael J. Tully Park
1801 Evergreen Avenue, New Hyde Park

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

Town Hall 1



220 Plandome Road, Manhasset

Town Hall 2
200 Plandome Road, Manhasset

Harbor Links Golf Course
1 Fairway Drive, Port Washington

North Hempstead Public Safety Office
470 Old Westbury Road, Roslyn
Heights



North Hempstead Christmas Tree Lighting

Friday, December 6

North Hempstead's Annual Manhasset Christmas Tree Lighting Ceremony will be held on Friday, December 6 at 4 p.m. at Mary Jane Davies Green in Manhasset. The event is expected to attract hundreds of local residents to celebrate the kickoff to the holiday season.

The program will feature a Pledge of Allegiance led by the Manhasset American Legion and Manhasset VFW, a blessing from local clergy, a performance from the Manhasset High School Marching Band, awards for the winners of the Manhasset Chamber of Commerce's Poster contest and the lighting of the tree. There will also be an appearance by Santa, who will arrive by firetruck, courtesy of the Manhasset-Lakeville Fire Department, following the tree lighting.

The event is sponsored by: The Town of North Hempstead, the Manhasset Park District, the Manhasset Chamber of Commerce, and the Manhasset Lakeville Fire & Water District.

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

"Yes We Can" Community Center's Tree Lighting and Holiday Celebration

Friday, December 13

North Hempstead Town Supervisor Jennifer DeSena and the North Hempstead Town Board are proud to announce the Town will be hosting a Winter Holiday Celebration at the "Yes We Can" Community Center in Westbury on Friday, December 13 beginning 5:30 p.m. This year's event will include a party with light refreshments, music, dancing, performances by the Westbury Community Band, carolers, and a Christmas tree lighting. The event is free of charge. The North Hempstead "Yes We Can" Community Center is located at 141 Garden Street, Westbury, NY 11590. For more information, please call 311.



North Hempstead Supervisor Jennifer DeSena
and the Town Board present:



Winter Wonderland is Back!

North Hempstead Supervisor Jennifer DeSena and the Town Board announced the return of the popular Winter Wonderland event at Clark Botanic Garden. The garden will be transformed with enchanting illuminations, decorations, and holiday cheer that will bring smiles to children and families. Winter Wonderland begins on Saturday, December 14, with Clark Botanic Garden remaining open daily until 7:00 p.m. through December 24. The event is sponsored

in part by Dogtopia and the Target Corporation.

Additionally, Winter Wonderland will feature several special events suitable for all family members - including the furry ones. The special event schedule includes:

Saturday, December 14

o 3 p.m. to 5p.m. - Enjoy treats, face painting, crafts, and photos with your favorite Frozen characters.

o 5 p.m. to 6 p.m. - Story time with Special Friends.

Tuesday, December 17

o 5 p.m. to 7 p.m. - Santa Paws: For one night only, enjoy doggie giveaways and a photo with your dog and Santa.

Thursday, December 19

o 5 p.m. to 7 p.m. - Kids Holiday Pajama Party: Wear your favorite festive pajamas and party with DJ Chris, with a special visit from Santa. Please call 311 to register in advance.

For more information, please call (516) 869-6311 or dial 311.

North Hempstead's Annual Menorah Lighting

December 29, 2024

Hanukkah is a time to rejoice and revel in life's greatest miracles. Join the Town of North Hempstead and our wonderful partners, Rabbi Mendel Paltiel and the Chabad of Manhasset, as we ignite the Menorah and kick off the Holiday of Lights at Mary Jane Davies Green on Sunday, December 29 at 3 p.m.



Town of North Hempstead Supervisor Jennifer DeSena and the Town Board invite you to this year's:

2024 HOLIDAY CELEBRATIONS



MENORAH LIGHTING



**Sunday, December 29, 2024
at 3:00 PM**

**Mary Jane Davies Green,
Plandome Road, Manhasset
(across from 200 Plandome Road)**

For more information, please call (516) 869-6311



Supervisor
Jennifer
DeSena



Council Member
Robert
Traverso, Jr.



Council Member
Edward
Scott



Council Member
Dennis J.
Walsh



Council Member
Christine
Liu



Council Member
David A.
Kishel



Council Member
Marianne
Dall'Amore



Chair
Rishi
Ghosh



President of
Mary Jo
Collins



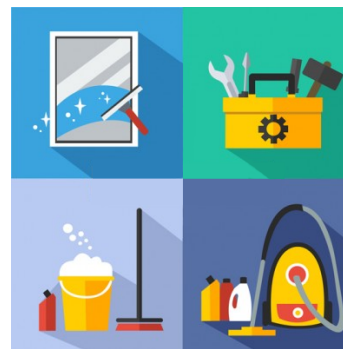
North Hempstead's E-Waste Recycling Program

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](#)

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 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](#)

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.

[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

[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](#)



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Supervisor

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Christine Liu - David Adhami - Mariann Dalimonte
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Ragini Srivastava
Town Clerk

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