

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

# Project Independence E-News



## Project Independence February 2024 Newsletter

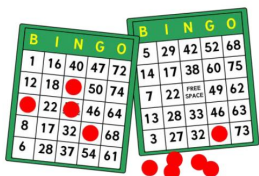


**American  
Heart  
Association.**

### February is Heart Health Month: The Ten Ways to Improve Your Heart Health

February is Heart Health Month, and the American Heart Association has the tips you'll need to improve your diet and bolster your heart health. A healthy diet and regular exercise are simple but significant steps to strengthen your heart, so take a look at the graphic in the link below and begin the journey to a stronger, healthier heart today!

[Learn more](#)



### Golden Hearts Bingo & Blood Pressure Screenings - Thursday, February 1, 8, 15, 22, 29, 2024

Facilitated by JoAnne Tricarico, RN (PI Nurse) & Eun Kyung Lee, LMSW (PI Social Worker). Feeling Lucky? Come join Project Independence for a fun hour every Thursday and try your luck to

win a prize. In addition to having some fun, a PI registered nurse will provide blood pressure screenings and health counseling. The program is on Thursdays from 12-1 p.m. at The Roslyn Community Center Auditorium, 53 Orchard Street, Roslyn Heights.

North Hempstead Project Independence invites all Town residents 60 and over. Please call 311 or 869-6311 to register or for more information.

[Learn more](#)

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## **Project Independence Social Discussion Group - Thursday, February 1, 8, 15, 22, 29, 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, February 2, 9, 16, 23, 2024**

Tune in to the Project Independence and You Radio Show to hear interesting discussions and updates with government officials, medical professionals, community organizations and interesting residents. After listening to an informative guest, be sure to listen to

the Talk of the Town to find out about updates, programs and what's going on around Town!

Listen to the show on Fridays from 10 a.m. to 12 p.m. on WCWP 88.1 FM or [wcwp.org](http://wcwp.org) or download the app. Past episodes (audio & video) are available at [www.northhempsteadny.gov/PI-Radio-Shows](http://www.northhempsteadny.gov/PI-Radio-Shows), on the WCWP YouTube page and on North Hempstead TV (NHTV). Watch NHTV on Cablevision Channel 18 or 65 or Verizon FIOS Channel 46. The show usually airs at 2pm daily but check out [mynhtv.com/schedule](http://mynhtv.com/schedule) for up-to-date schedules.

### **Upcoming Shows:**

- **February 2**-Tori Cohen, LCSW (Executive Director, Long Island Alzheimer's and Dementia Center) to discuss **Long Island Alzheimer's and Dementia Center**
- **February 9**-Maura A Calio, MA, RN (Community Health Educator, St. Francis Hospital, Catholic Health) to discuss **The Heart of the Matter: Keeping Seniors Healthy**
- **February 16**-Chari Biton (TONH Dept of Services for the Aging-Senior Mobility Manager) to discuss **Staying Safe in Ice and Snow and the PI Transportation Program**
- **February 23**-Ronald Fatoullah, Esq to discuss **2024 Changes in Medicaid & New Tax Guidelines**

[Learn more](#)

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## **What Matters to You Men's Community Group - Friday, February 2, 9, 16, 23, 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). If you are interested in participating, please call 311 or 516-869-6311 to register.

[Learn more](#)



## **Blankets of Love - Tuesday, February 6, 13, 20, 27, 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](#)

## **Bridge Class - Wednesday, February 7, 14, 21, 28, 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 a.m. to 11 a.m. and the Intermediate Class meets on Wednesdays from 11 a.m. to 1 p.m. at the "Yes We Can" Community Center, 141 Garden Street, Westbury.

North Hempstead Project Independence invites all Town residents 60 and over. **Please call 311 or 516-869-6311 to register or for more information.**

[Learn more](#)



## **Project Independence Joint Advisory Committee Meeting - Wednesday, February 21, 2024**

Join a Project Independence Advisory Committee and Make a Difference! Come and discuss the needs of Town residents 60 and over, offer suggestions for new programs, learn about services available in the community and make new friends. There will be a presentation from Maura A Calio, MA, RN (Community Health Educator, St. Francis Hospital, Catholic Health) to discuss The Heart of the Matter: Keeping Seniors Healthy. 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.**

[Learn more](#)

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## **Facts on Fats: Learning about Cholesterol and Heart Healthy Facts - Wednesday, February 21, 2024**

Presented by Cornell Cooperative Extension - Nassau County. It's never too soon, or too late, to make lifestyle improvements that will protect your heart and blood vessels as you grow older. Learn about the role healthy fats and cholesterol have on your heart health. Discover easy swaps and tips to increase your intake of healthy fats and to lower your cholesterol. Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, February 21, 2024 from 11 a.m. to 12 p.m. North Hempstead Project Independence invites all Town residents 60 and over.

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



[Learn more](#)

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## **Fridays at "Yes We Can" - Program Starts March 1**

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.

Program topics include:

- Exercise for Balance and Strength - Presented by NYU Langone Health

- Let the Games Begin: Boost Your Brainpower & Coordination - Kelly Steinmann, RN (PI Nurse)
- What in the World is Going On? & Color Me Calm - Gia Montelbano (TONH Department of Services for the Aging/PI)
- Heart-to-Heart Bingo and Blood Pressure Screenings - Kelly Steinmann, RN & Debra Marks, LMSW (PI Social Worker)

Check out the full schedule at the link below.

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

[Learn more](#)

**SMART Van - Tuesday, March 19, Wednesday, April 17, Friday, May 17, Friday, June 21, 2024**

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



**No appointments required.**

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

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

[Learn more](#)



## 2024 St. Francis Hospital Outreach Bus FREE

### Health Screenings

We are proud to be partnering with the St. Francis Hospital Outreach Bus to bring our residents FREE health screenings this year. The first screenings of 2024 will take place on Friday, March 1 from 10 a.m. to 2 p.m. at the "Yes We Can" Community Center, 141 Garden Street, Westbury, and Friday, March 22 from 10 a.m. to 2 p.m. at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park.

The screenings include a brief cardiac history, blood pressure, simple blood test for Cholesterol and Diabetes, and more. Appointments are not required. Check out our list of additional dates here.

[Learn more](#)



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

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

Join North Hempstead's Project Independence exercise classes today. At home virtual classes include Fitness, Tai Chi, Yoga and Dance. Many of the classes and times are the same as the Project Independence in-person fitness classes.

The PI exercise classes broadcast on the Town's public access television station, North Hempstead TV. Channel 65 on Cablevision or Channel 46 Verizon FIOS. Classes air Monday through Sunday, 10 a.m., 1 p.m. and 6 p.m. You can also visit: [www.mynhtv.com/fitness](http://www.mynhtv.com/fitness) to watch the classes online. For a complete schedule of classes, visit: [www.mynhtv.com/schedule](http://www.mynhtv.com/schedule) or click the link below.

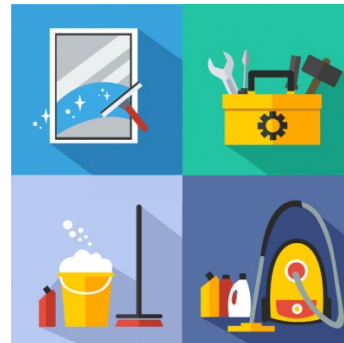


North Hempstead Project Independence invites all Town residents 60 and over. If you are interested in participating or have any questions, please call 311 or 516-869-6311.

[Learn more](#)

### TRI Help at Home Program

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



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

[Learn more](#)



### Rebuilding Together LI

Rebuilding Together LI is a program to repair and rehabilitate the homes of low income, elderly and disabled homeowners. A work-scope visit is made by a skilled tradesperson. All repairs performed by Rebuilding Together Long Island, Inc. are completed by retired volunteers at no cost to the homeowner. This is an income-based program and services

include grab bars, railings, weatherization and small repairs. Call 311 or 516-869-6311 for more information.

[Learn more](#)



## North Hempstead Polar Plunge - February 3

The Town of North Hempstead is proud to once again partner with Special Olympics New York to host the Polar Plunge at North Hempstead Beach Park on Saturday, February 3!

It's easy to get involved - simply visit: <http://events.nyso.org/2024northhempsteadpp>. From there you will be able to form a team, invite your family and friends to join, create your own Personal Plunge Page, and send it out to your contacts.

The day will also highlight athletes from the Special Olympics with the annual New York Long Island Region Snowshoe Competition. Approximately 40 athletes ages 8 and up will compete in 8 different events. Opening ceremonies will begin at 10 a.m., with the plunge and snowshoe events to follow. Registration for the event begins at 9 a.m. For more information, please call 311 or (516) 869-6311.

## Valentine's Day Recommitment Ceremony

North Hempstead Town Clerk Ragini Srivastava, Town Supervisor Jennifer DeSena and the Town Board are proud to host the 2024 Valentine's Day Marriage Vow Renewal Ceremony. The renewal ceremony will be held on Wednesday, February 14, 2024 from 11 a.m. to 2 p.m. at Harbor Links Golf Course in Port Washington.

The event, now in its 15th year, will allow couples who wish to renew their vows or celebrate their milestone anniversaries to



reaffirm their commitment. Lunch and a champagne toast will be served following the ceremony at a cost of \$18 per person. Due to high demand and limited seating, reservations are required. For more information, please call 311 or 516-869-6311.

[Learn more](#)



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### **North Hempstead Receiver of Taxes Assessment Grievance Workshop - February 15**

Town of North Hempstead Receiver of Taxes Mary Jo Collins has two remaining Assessment Grievance Workshops this winter. Join us at one of the following seminars for a presentation on understanding your assessed value, and the procedure to grieve. The Receiver of Taxes and members of her staff will be available to answer questions after the presentation.

Monday February 5, 2024 at the Manhasset Public Library  
30 Onderdonk Ave. Manhasset N.Y.  
From 6:30 PM to 8:30 PM

Thursday February 15, 2024, at the Hillside Public Library  
155 Lakeville Road, New Hyde Park N.Y.  
From 5:30 PM to 7:45 PM

[Learn more](#)

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**Save The Date: North  
Hempstead's Black History  
Month Celebration - February  
28, 2024**

Call 311 or 516-869-6311 for more details.



Supervisor Jennifer DeSena and the Town Board present:

## 2024 DEFENSIVE DRIVING CLASSES



SATURDAY, 9 A.M. – 4:30 P.M. (with a 30 minute lunch break)

March 2 | April 13 | May 11 | June 1  
June 22 | September 14 | October 19 |  
November 16 | December 14

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

Those interested in attending should bring a check made payable to "AARP" on the day of the class. No cash will be accepted. Attendees should also bring their driver's license, a bagged lunch, and AARP members should also bring their AARP card.

The cost is \$25 for AARP members and \$30 for non-members.

TO REGISTER OR FOR MORE INFORMATION

311 or (516) 869-6311 [www.northhempsteadny.gov](http://www.northhempsteadny.gov)



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

The Town of North Hempstead is proud to partner with AARP to offer residents Defensive Driving classes throughout the year at Clinton G. Martin Park. The classes will be held on Saturday, March 2, April 13, May 11, June 1, June 22, September 14, October 19, November 16, and December 14. All classes will take place from 9 a.m. to 4:30 p.m. with a 30 minute lunch break.

Those interested in attending should bring a check made payable to "AARP" on the day of the class. No cash will be accepted. Attendees should also bring: their driver's license, a bagged lunch, and AARP members should also bring their AARP card.

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

[Learn more](#)



## 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.

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## PI Transportation Program

The Project Independence Taxi service provides discounted taxi rides for medical appointments and free trips to local grocery stores for Town of North Hempstead seniors 60+ and those with disabilities 21+.



The PI medical taxi cost to riders is \$5 or \$10 depending on where you travel: \$5 each way for a medical fare under \$22; \$10 each way for medical fare of \$22 and over. Tipping is recommended and most appreciated.

Free trips for food shopping are available twice a week between 10 a.m. and 2 p.m. You choose which day. Sharing a taxi with another rider should be expected, for medical and food shopping.

Please avoid travel during AM and PM peak travel / rush hour. Expect long delays if you book during rush hour. The best time to travel is middle of the day when taxis are less busy.

Please call 311 or 516-869-6311 to learn more about the PI Taxi service or to book your taxi reservation. Please note that program details are subject to change.

[Learn more](#)



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## 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](#)

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## Zoom Training Available for PI Members

PI volunteer, and Technology for the Terrified Instructor, Barbara Mehlman began offering assistance via the telephone to assist seniors interested in participating in Zoom programs. If you would like assistance, call 311 or 516-869-6311.



## Vial of Life

The Vial of Life is a program that allows individuals to have their complete medical information ready in their home for emergency personnel to reference during an emergency. This program is used to provide the patient's medical information when a patient is not able to speak or remember this information. Call 311 or 516-869-6311 to receive a Vial of Life packet.

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## Neighbors Helping Neighbors: Telephone Reassurance Program

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

For many different reasons, seniors can feel isolated and disconnected. This program is designed to help keep seniors connected with one another. Our volunteers know that helping others adds meaning and fulfillment to their



own lives; they understand the importance of friendship and companionship.

Neighbors Helping Neighbors is for Town residents aged 60 and over to receive calls. Volunteers must be 21 or older and a Town resident. If you are interested in being part of this program, call 311 or 516-869-6311

[Learn more](#)



## Mobile App for WCWP-88.1

WCWP has an App so you can hear your favorite radio show Project Independence and YOU! The App can be downloaded to both iOS devices iPhone and iPad as well as Android devices like a Galaxy phone or Surface tablet.

To download the App go to the App store on your Apple device or the Google Play store if you use an Android device. Search: WCWP Radio.

[Click Here](#) to learn more about the WCWP Radio app.

[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](#)

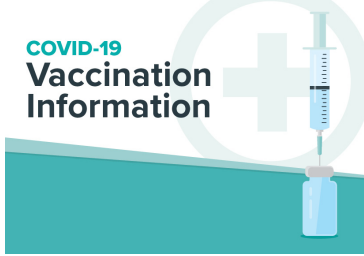
## Not In Our Town

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

The COVID-19 booster can help 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)

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## 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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