

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

Project Independence E-News



Project Independence February 2025 Newsletter



February is Heart Health Month

What you eat makes a difference to your heart. A heart-healthy eating plan emphasizes vegetables, fruits, and whole grains, includes fat-free or low-fat dairy products, and limits foods high in saturated fat and sugar-sweetened beverages and sweets. Use the guide below to determine how much you should eat from each food group. Click the link for more details.

[Learn More](#)



Blankets of Love - Tuesday, February 4, 11, 18, 25, 2025

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 (516) 869-6311 to
register or for more information.**

[Learn more](#)



Project Independence Joint Advisory Committee Meeting - Wednesday, February 5, 2025

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. The next meeting will be both in person and virtual on Wednesday, February 5, 2025 at Clinton G. Martin Park at 10 a.m. Janice Wang, MD, FCCP (Director, Northwell Health Adult Cystic Fibrosis Center) will discuss Sleep in Older Adults.

**If you are interested in
participating, please call 311 or**

(516) 869-6311 to register or receive a Zoom link.

[Learn more](#)

Bridge Class - Wednesday, February 5, 19, 26, 2025

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 (516) 869-6311 to register or for more information.

[Learn more](#)

The Project Independence and You Radio Show - Friday, February 7, 14, 21, 28, 2025

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

Town of North Hempstead
**Project Independence
Radio Show**

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.

The Project independence podcast is now available from your favorite podcast provider!

Just search Project Independence and YOU! and subscribe.

Upcoming Shows

February 7- Greatest Hits (How to Optimize Your Physical & Emotional Health especially during the Winter Months and CN Guidance and Counseling Services & Veterans Services)

February 14-Greatest Hits (Stress Reduction in the New Year & The Latest Tips On Frauds & Scams Prevention)

February 21-Greatest Hits (The Intersection of Elder Law and Social Work: Achieving Safe and Successful Aging in Place & Healthy Resolutions: Transform Your New Year with Smart Eating)

February 28-Nirvaarni Mathoera, MPH (Director, Health Insurance Programs for the Hospital Council) to discuss the **Nassau-Suffolk Hospital Council-Health Insurance Enrollment Assistance**

[Learn more](#)



Project Independence Social Discussion Group - Thursday, February 6, 13, 20, 27, 2025

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, February 6, 13, 20, 27, 2025

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](#)



What Matters to You Men's Community Group - Friday, February 7, 14, 21, 28, 2025

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](#)

PI & You - Monday, February 10, 2025

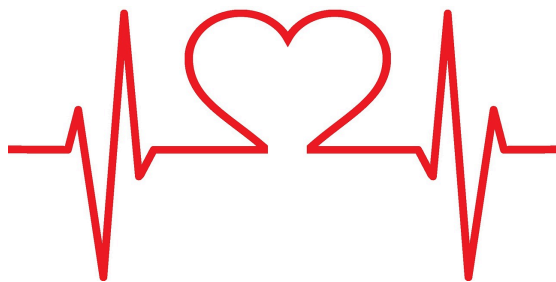
Presented by Maria Liotta, RN (Northwell/PI Nurse), Eun Kyung Lee, Ph.D., LMSW (EAC/PI Social Worker) and Chari Biton (Director of Community Relations). Learn about all the Project Independence services available for Town residents aged 60 and over and help us to get to know you! Please join us on Monday, February 10, 2025 from 11:30 a.m. to 1:30 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](#)

PI & You





Heart Smart Health - February 19, 2025

Presented by Cornell Cooperative Extension-Nassau County. Why is learning about sodium important for heart health? Join community nutrition educators to learn how sodium can affect your blood pressure and more!

Participants will receive free recipe cards and food samples. Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, February 19, 2025 from 11:30 a.m. to 12:30 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](#)

Fridays at Yes We Can - Friday, February 28, March 7, 14, 28, April 4, 11, 25, May 2, 9, 16, 23, 30, June 6, 13, 2025

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.

Crafting with Kindness
Spread positivity and kindness through art and activities. 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.

REGISTRATION REQUIRED

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

*June 13 is the End of the Semester Gathering

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

[Learn more](#)

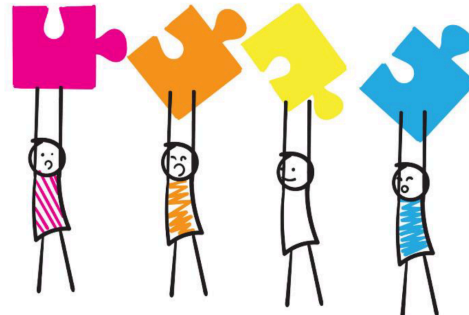
Puzzle Time - Wednesday, March 5, 19, April 2, 16, 30, May 14, 28 and June 11, 2025

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 Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, March 5, 19, April 2, 16, 30, May 14, 28 and June 11, 2025 from 2-3:30 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](#)

Puzzle Time



Watch Your Step Fall Prevention Program Spring 2025



**Watch Your Step Fall
Prevention Program -
Wednesday, March 26, April
2, 9, 23, 30, 2025**

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 the Great Neck Social Center, 80 Grace Avenue, Great Neck on Wednesday, March 26, April 2, 9, 23, 30, 2025 from 1 p.m.-2:30 p.m.

REGISTRATION REQUIRED

Please call 311 or (516) 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, March 19, Friday, April 11, and Friday April 25, 2025

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

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



Wednesday, March 19, 2025
Clinton G. Martin Park (1601
Marcus Avenue, New Hyde Park)

Friday, April 11, 2025
Port Washington Adult Activities
Center (80 Manorhaven Blvd, Port
Washington)

Friday, April 25, 2025
North Hempstead "Yes We Can"
Community Center (141 Garden
Street, Westbury)

APPOINTMENTS NOT
REQUIRED. North Hempstead
Project Independence invites all
Town residents 60 and over.

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

[Learn More](#)



CarFit - Helping Mature Drivers Find Their Safest Fit - Tuesday, April 1, 2025

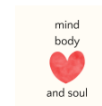
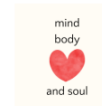
In partnership with AARP, the American Occupational Therapy Association and Hofstra University. CarFit is a program designed to help seniors achieve a better fit with their vehicle for optimal safety and comfort while driving. A 12-point CarFit checklist will be reviewed with you while in your own vehicle, i.e.: adjust mirrors to reduce blind spots, seat belt use, steering wheel tilt, etc. Please join us on Tuesday, April 1, 2025 from 9 a.m.-1:00 p.m at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park. The entire process takes between about 20 to 30 minutes. CarFit is free but appointments are required. Please call Alex Laghezza, PhD, OTR/L at Hofstra

University to schedule your CarFit appointment (607) 206-8422. For more information on CarFit, visit: www.car-fit.org.

[Learn More](#)

Wellness Wednesdays at Clinton G. Martin Park: Spring 2025 - Wednesday, April 9, 16, 23, 30, May 7, 14, 21, 28, June 4, 11, 2025

Wellness Wednesdays at Clinton G. Martin Park Spring 2025



Cardio Drumming—April 9, 30, May 7, May 28 and June 4, 2025 from 10-11 a.m. Facilitated by Maria Liotta, RN (PI Nurse). Get your heart pumping and spirits lifted with cardio drumming! This fun, low-impact workout combines rhythmic drumming with simple movements to energize your body and mind. Perfect for seniors of all fitness levels, it enhances coordination, boosts cardiovascular health, and strengthens muscles—all while having a blast to lively music. Grab a pair of drumsticks, a stability ball, and let's turn fitness into a rhythm-filled adventure! No prior experience required—just bring your enthusiasm!

Advisory Committee - April 16, May 21, June 11, 2025 from 10-11:30 a.m.

Come and discuss the needs of Town residents 60 and over, offer suggestions for new programs, learn about available services in the community and make new friends.

Brain Games—April 23 and May 14, 2025 from 10-11 a.m.

Facilitated by Andrea Taylor, LMSW and Maria Liotta, RN (PI Social Worker & 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.

Registration Required. Each program requires a separate registration. Please call 311 or (516) 869-6311 for more information.

[Learn More](#)



Project Independence Exercise Classes Spring 2025

Project Independence offers various FREE exercise classes including Yoga, Line Dancing, Low Impact Aerobics, Tai-Chi, Fitness and more! Registration starts February 3rd at 10 a.m. Space is 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.

You can also join North Hempstead's Project Independence exercise classes at home by watching 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 to watch the classes online.

For a complete schedule of classes visit: www.mynhtv.com/schedule or click the button below.

***PI-Exercise classes will air at 6:00 p.m. when the NHTV slot is open

[Learn More](#)

Tax Talks with Receiver Mary Jo Collins: Grieving Your Property Assessment

If you believe your property assessment is not accurate as compared to neighboring homes, please join us for one of the many events around North Hempstead.

[Learn More](#)



Celebrate Lunar New Year with North Hempstead!

Join us for our Lunar New Year Celebration to welcome the Year of the Snake. The event will be held on Sunday, February 2 beginning at 3 p.m. at the “Yes We Can” Community Center, 141 Garden Street, Westbury. This free event is open to all.

Festivities will include several performances. From the Manhasset Association of Chinese Americans, violinist Linda Li will be performing "Celebrating Lunar New Year — Selling Dumplings." A traditional Chinese dance entitled "The Floating Light" will be performed by Manhasset residents. Additional highlights include the New Hyde Park



Seniors and Great Neck Social Center dance team “Rainbow Art Group” performing traditional Chinese Dances. To complete the event, the Chinese Center of Long Island will have a traditional Chinese zither performance.

There will be special Lunar New Year giveaways from multiple organizations, including the Chinese Center of Long Island, Chinese American Association of North Hempstead, the Greater Port Washington Chinese American Association, and the Chinese American Association of East Williston.

This year’s community partners will include: Manhasset Association of Chinese Americans (MACA), Chinese Center on Long Island (CCLI), Chinese American Association of North Hempstead (CAANH), Greater Roslyn Association for Chinese Americans (GRACE), Northshore Asian Civic Association (NACA), Little Swan Dance Art Center, New Hyde Park Chinese Association (NHPCA), Sunny Chinese Center, Greater Port Washington Chinese American Association (GPWCAA), and the Chinese American Association of East Williston (CAAEW). We are also pleased to have the New Hyde Park Senior Center and Great Neck Social Center joining us to Celebrate the Year of the Snake!

[Learn More](#)

North Hempstead's Wedding and Recommitment Ceremony

North Hempstead Town Clerk Ragini Srivastava, North Hempstead Town Supervisor Jennifer DeSena and the Town Board are pleased to announce the Town's 2025 Wedding and Recommitment Ceremony on Thursday, March 6 from 11 a.m. to 2 p.m. at the Clubhouse at Harbor Links, 1 Fairway Drive, Port Washington.

The Town Clerk's office presides over hundreds of wedding ceremonies each year, making the office an integral part in the day-to-day life of the Town. And this year marks the 16th anniversary of the Town's Wedding and Recommitment Ceremony, an annual Valentine's Day tradition meant to celebrate that role. The event is held annually at Clubhouse at Harbor Links, the Town's municipal golf course but as it is currently undergoing renovations, the event was postponed to March 6.

Following the Wedding and Vow Renewal Ceremony, lunch will be served along with a champagne toast. Couples can then hit the dancefloor for an afternoon of music and dancing.

The cost to attend the event is \$22 per person. Cash is payable at the door or checks can be made to Harbor Links and mailed to: Vow Renewal Ceremony, 200 Plandome Road, Manhasset, NY 11030. Due to high demand and limited seating, reservations are required. Please call (516) 869-7625, (516) 869-6311 or 311 to make you reservation.



[Learn More](#)

North Hempstead Supervisor Jennifer DeSena and the Town Board proudly present E-Waste Drop Off Events

E-WASTE WILL NO LONGER BE ACCEPTED AT THE SUNDAY RESIDENT DROP OFF. Instead e-waste may be disposed of at the following 2025 Town events:

SATURDAY, JANUARY 18, 8 A.M. TO 12 P.M. 800 West Shore Road, Port Washington (E-Waste only)	SATURDAY, JULY 19, 8 A.M. TO 12 P.M. 800 West Shore Road, Port Washington (E-Waste only)
SATURDAY, FEBRUARY 22, 8 A.M. TO 12 P.M. 800 West Shore Road, Port Washington (E-Waste only)	SATURDAY, AUGUST 23, 8 A.M. TO 12 P.M. 800 West Shore Road, Port Washington (E-Waste only)
SATURDAY, MARCH 29, 8 A.M. TO 3 P.M. North Hempstead Beach Park (North Lot) (E-Waste & E-Recycle)	SEPTEMBER 20, 8 A.M. TO 3 P.M. North Hempstead Beach Park (North Lot) (E-Waste only)
SATURDAY, APRIL 26, 8 A.M. TO 12 P.M. 800 West Shore Road, Port Washington (E-Waste only)	SUNDAY, OCTOBER 5, 8 A.M. TO 3 P.M. North Hempstead Beach Park (North Lot) (E-Waste & E-Recycle)
SUNDAY, MAY 18, 8 A.M. TO 12 P.M. 800 West Shore Road, Port Washington (E-Waste only)	SUNDAY, NOVEMBER 16, 8 A.M. TO 12 P.M. 800 West Shore Road, Port Washington (E-Waste only)
SATURDAY, JUNE 28, 8 A.M. TO 3 P.M. Westbury High School (Floor 4), Old Westbury (E-Waste & E-Recycle)	SATURDAY, DECEMBER 6, 8 A.M. TO 12 P.M. 800 West Shore Road, Port Washington (E-Waste only)

The Town will be handling e-waste only. Please do not bring hazardous materials to these events. For information on how to properly dispose of e-waste, please visit our website at: <https://northhempsteadny.gov/stopprogram> or call 311.

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](#)



North Hempstead's Stop Throwing Out Pollutants Program

North Hempstead will host four FREE Stop Throwing Out Pollutants events throughout 2025.

Saturday, March 29 at North Hempstead Beach Park's North Parking Lot

Saturday, June 28 at Westbury High School

Saturday, September 20 at North Hempstead Beach Park's North Parking Lot

Sunday, October 5 at North Hempstead Beach Park's North Parking Lot

[Learn more](#)

North Hempstead's Shed the Meds Program

North Hempstead will host two FREE Shed the Meds events this



year.

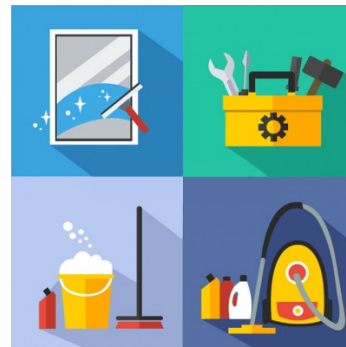
Saturday, April 5, 2025 8 a.m. to 12 p.m. at 802 West Shore Road, Port Washington

Sunday, October 19, 2025 from 8 a.m. to 12 p.m. at 802 West Shore Road, Port Washington

[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 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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Jennifer DeSena
Supervisor

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

Mary Jo Collins
Receiver of Taxes

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