

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

Project Independence E-News

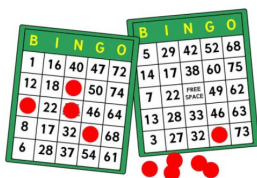
Project Independence January 2024 Newsletter



Top 10 Healthy New Year's Resolutions for Older Adults

Making New Year's resolutions to eat better, exercise, watch your weight, see your healthcare provider regularly, or quit smoking once and for all, can help you get healthier and feel better for many more years to come. The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy.

[Learn more](#)



Golden Hearts Bingo & Blood Pressure Screenings - Thursday, January 4, 11, 18, 25, 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](#)

The Project Independence and You Radio Show - Friday, January 5, 12, 19, 26, 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 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 at 2pm daily but check out mynhtv.com/schedule for up-to-date schedules.

Upcoming Shows:

- January 5- Repeated Shows
- January 12- Elaine Franklin (Author) to discuss her book, Once Upon A time in Beverly Hills
- January 19- Christina M. Marini, Ph.D. (Asst. Professor, Gordon F. Derner School of Psychology, Adelphi University) to discuss ReACH Lab and the RISE Study (how veterans cope with stress and how it affects sleep and well-being)
- January 26- Nicole Christensen, BCPA (President/Founder Patient Advocacy and Care Coordination & Author: From Crisis to Calm) to discuss how to Keep Calm and get a Patient Advocate

[Learn more](#)



Blankets of Love - Tuesday, January 9, 16, 23, 30, 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](#)

This Life of Mine: Sharing and Creating New Memories Through Journaling - Wednesday, January 10, 17, 24, 31 and February 7, 14, 2024

Facilitated by Gail Selis, Gerontologist (EAC/Project Independence). This 6-session guided journaling group will inspire you to record the unique details and stories of your life, both for yourself and for your family and friends. Join this journaling group for seniors and recount the past and present memories through Journaling. The group meets on Wednesday, January 10, 17, 24, 31 and February 7, 14, 2024 from 2-3 p.m. at the Port Washington Public Library (1 Library Dr, Port Washington, NY 11050).



North Hempstead Project Independence invites all Town residents 60 and over. SPACE IS LIMITED. REGISTRATION REQUIRED. Journals will be provided. If you are interested in participating, please call 311 or 516-869-6311 to register.

[Learn more](#)



Bridge Class - Wednesday, January 10, 17, 24, 31 and February 7, 14, 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 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](#)

Project Independence Social Discussion Group - Thursday, January 11, 18, 25, 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](#)



What Matters to You Men's Community Group - Friday, January 12, 19, 26, 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](#)

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 to watch the classes online. For a complete schedule of classes visit: 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.



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](#)

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.

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

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.

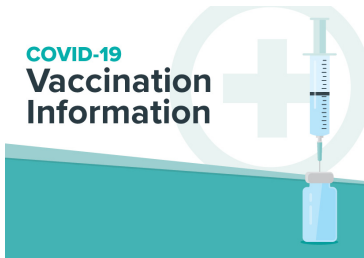
To learn more click the button below or call 311.

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

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