

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

Project Independence

E-News



Project Independence January 2025 Newsletter



Healthy New Year Resolutions for Seniors

As we step into the New Year, it's the perfect time to focus on our well-being and embrace healthy habits. Here are some meaningful and achievable resolutions for a happy and healthier year ahead:

1. **Stay Active:** Aim for regular physical activity that you enjoy—whether it's walking, yoga, swimming, or gardening. Movement is key to maintaining strength, flexibility, and overall health.
2. **Eat Well:** Focus on balanced, nutrient-rich meals that include plenty of fruits, vegetables, whole grains, and lean proteins. Small changes can lead to big health benefits.
3. **Prioritize Mental Health:** Engage in activities that bring joy and keep your mind sharp—reading, puzzles, hobbies, or learning something new. Don't hesitate to connect with loved ones or seek support when needed.
4. **Stay Socially Connected:** Keep in touch with family and friends, join community groups, or volunteer. Staying socially active helps maintain emotional health.

5. Get Regular Checkups: Make health screenings and doctor visits a priority. Prevention and early detection are powerful tools for staying healthy.

6. Practice Gratitude: Reflect on daily moments of joy and embrace a positive outlook. Gratitude can uplift the spirit and boost overall well-being.

Small steps can lead to lasting changes. Here's to a New Year filled with good health, happiness, and meaningful moments!



The Project Independence and You Radio Show - Friday, January 3, 10, 17, 24, 31, 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 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

January 3 - Repeated Shows

January 10 - Wendy Goidel, Esq. & Connie Wasserman, LCSW (Director

of Concierge Care Coordination, Goidel Law Group) to discuss The Intersection of Elder Law and Social Work: Achieving Safe and Successful Aging in Place

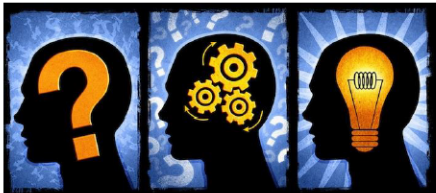
January 17 - Repeated Shows

January 24 - Khy Ee Siew, RD (Cornell Cooperative Extension Nassau County) to discuss Healthy Resolutions: Transform Your New Year with Smart Eating

January 31 - Dr. Penny Stern (Chief, Preventive & Lifestyle Medicine Northwell Health Katz Institute for Women's Health) to discuss Stress Reduction in the New Year

[Learn more](#)

Brain Games



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 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](#)

Blankets of Love - Tuesday, January 7, 14, 21, 28, 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 869-6311 to register or for more information.**



[Learn more](#)

Bridge Class - Wednesday, January 8, 15, 22, 29, 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 869-6311 to register or for more information.**

[Learn more](#)



Project Independence Social Discussion Group - Thursday, January 9, 16, 23, 30, 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](#)

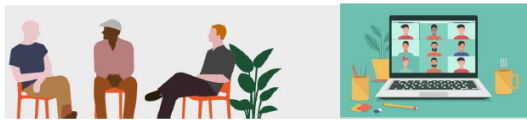
Golden Hearts Bingo & Blood Pressure Screenings - Thursday, January 9, 16, 30, 2025

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, January 10, 17, 24, 31, 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](#)

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](#)

**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](#)

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 Trapani, Jr., Council Member Edward Scott, Council Member Dennis J. Walsh, Council Member Christine Liu, Council Member David A. Ashraf, Council Member Matthew Calimone, Town Clerk Rhiannon Branstetter, Receiver of Taxes Mary Jo Collins

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 2024 Town events:

SATURDAY, FEBRUARY 24, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington	SATURDAY, JULY 20, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington
SATURDAY, MARCH 9, 8 A.M. TO 3 P.M. North Hempstead Beach Park (North Lot) (Part of the Town's S.T.O.P. program)*	SATURDAY, AUGUST 24, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington
SATURDAY, APRIL 20, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington	SATURDAY, SEPTEMBER 28, 8 A.M. TO 3 P.M. North Hempstead Beach Park (North Lot) (Part of the Town's S.T.O.P. program)*
SATURDAY, MAY 18, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington	SUNDAY, OCTOBER 13, 8 A.M. TO 3 P.M. North Hempstead Beach Park (North Lot) (Part of the Town's S.T.O.P. program)*
SATURDAY, JUNE 28, 8 A.M. TO 3 P.M. Watbury High School (Part of the Town's S.T.O.P. program)*	SATURDAY, NOVEMBER 16, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington
	SATURDAY, DECEMBER 7, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington

*An asterisk indicates that this event will also include on-site document shredding services.

The Town will be holding electronic waste drop-off events for residents 18 months of age and older. Residents 18 months of age and older are encouraged to attend. The program is free of charge and open to Town residents only.

For more information, please visit our website at: www.northhempsteadny.gov/residentdropoff or call 311.

North Hempstead's E-Waste Recycling Program

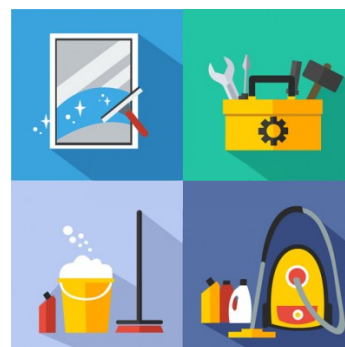
Once a month, the Town of North Hempstead hosts a program that allows our residents to recycle their e-waste. Click on the link below for a full list of dates and locations, and more information about the Town's recycling programs.

[Learn more](#)

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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[Unsubscribe here](#)

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Supervisor

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Christine Liu - David Adhami - Mariann Dalimonte
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