

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

# Project Independence E-News

## Project Independence July 2023 Newsletter

**2023** Town of North Hempstead  
**FUNDAY MONDAY**  
at North Hempstead Beach Park  
175 West Shore Rd, Port Washington  
Every FunDay Monday until 2:00 p.m.

July 10 Raindate July 13	Stan and Edi 11am-2pm
July 17 Raindate July 20	Vincent Rhodes Productions 11am-2pm
July 24 Raindate July 27	HEALTH FAIR EJ the DJ 11am-2pm
July 31 Raindate Aug. 3	Beat-A-Likes (Beatles Tribute Band) 11am-2pm SPECIAL CRAFT- Must register at 311 for craft
August 7 Raindate Aug. 10	Dance Aloha 11am Elvis Tribute 12:30pm
August 14 Raindate Aug. 17	Rat Pack Tribute 11am-2pm Frank Sinatra/Dean Martin/Jerry Lewis
August 21 Raindate Aug. 24	HOMETOWN USA SALUTE TO THE TROOPS Vintage Car Show Quatrain Quartet Bud & Linda
Weekly	Pickle Ball 9am-11am Line Dancing 9am-10am; 10am-11am Tai Chi for Balance and Health 11am-12pm Farm Stand is back for the season!

Please make sure to wear sneakers, comfortable clothes & bring your water!

### FunDay Monday Returns

FunDay Monday is a popular and FREE senior program, held at North Hempstead Beach Park in Port Washington, that takes place every Monday from July 10 to August 21. Enjoy weekly FUN events filled with games, music, dancing, entertainment, and exercise. FREE bus transportation is available from various points throughout the Town. For further information, or for a pick-up location near you, please call 311 or 516-869-6311.

[Click here for more information](#)

### Coping with Loss Support Group - Wednesday, July 5, 12, 19 & 26, 2023

Facilitated by Krista Papatheodorou, MSW (PI Social Worker). Project Independence is offering a grief and loss support group for those who have



experienced the death of a loved one. Coping with loss can be very difficult, and you are not alone. This group offers a safe, confidential, and supportive environment to learn healthy coping skills. This 6-session group meets July 5, 12, 19 & 26, 2023 from 12 p.m. - 1 p.m. at the 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 Social Discussion Group - Thursday, July 6, 13, 20 & 27, 2023**

Come meet new friends via Zoom! Enjoy talking with others and meeting your neighbors. Open to North Hempstead residents age 60 and older. Facilitated by Andrea Taylor, LMSW (PI/EAC Social Worker). The group meets via Zoom on Thursdays from 10:30 a.m.-11:30 a.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, July 7, 14, 21 & 28, 2023**



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:**

- July 7- Repeated Shows
- July 14-Dr. Jaime H Nieto MD,MBA,MS,FACS. (Chief of Neurosurgical Spine Development, Department Of Neurosurgery, North Shore University Hospital-Northwell Health) to discuss Back Pain....Painful Existence! Keep Your Back Healthy for a Happy Life!
- July 21- Repeated Shows
- July 28-Lisa Stern (Assistant Vice President Senior and Adult Services-Family & Children's Association) & Jeanne Cacciatore (Program Director (Senior Mental Health Training Program, Elder Abuse Enhanced Multidisciplinary Team (EMDT) and Safe Observant Senior Program (SOS)) to discuss Family & Children's Association Programs: SMART Van & Mental Health and Seniors

[Learn more](#)



## What Matters to You Men's Community Group - Friday, July 14, 21 & 28, 2023

Facilitated by Krista Papatheodorou, MSW (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 the 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](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 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.



## Free Sunscreen & Wellness Wednesday

The Town of North Hempstead is happy to provide free SPF30 sunscreen to residents this summer in partnership with Northwell's North Shore University Hospital and Long Island Jewish Medical Center.

In addition to providing free sunscreen, North Shore University Hospital and Long Island Jewish Medical center will host a series of Wellness Wednesday events this summer at North Hempstead Town facilities!

For locations of dispensers and a schedule of upcoming events click the button below.

[Learn more](#)

## Citizen Preparedness Corps Training - Wednesday, September 6, 2023

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and



resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. This training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing family emergency plan and stocking up on emergency supplies. Each family that attends will receive one Preparedness kit.

The program will be on Wednesday, September 6, 2023 at 9 a.m. to 11 a.m. at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park, NY 11040. REGISTRATION REQUIRED. REGISTRATION OPENS JULY 6. To register and for additional information, visit [www.prepare.ny.gov](http://www.prepare.ny.gov)

[Learn more](#)

#### DEFENSIVE DRIVING CLASSES



### AARP Driving Course - Saturday, September 9, 2023

The Town of North Hempstead is pleased once again to offer AARP defensive driving courses at Clinton G. Martin Park in New Hyde Park.

The classes will be held on: Saturday, September 9, Saturday, October 14, Saturday, November 18, and Saturday, December 16 from 9 a.m. to 4:30 p.m. (with a 30-minute lunch break). The cost is \$25 for AARP members and \$30 for non-members.

Please 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.

Please call 311 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](#)

### 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.



### 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.

### 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](#)



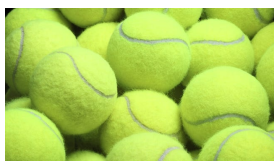
## Native Plant Residential Rebate Program

Are you looking to beautify your property and help the environment? In partnership with the Nassau County Soil and Water Conservation District (NCSWCD), the Town is offering residents up to \$350 to install native plants in their home landscape. Native plants provide resources for pollinators and other wildlife, absorb air and water pollution, have low maintenance requirements and look beautiful!

[Learn more](#)

## Manorhaven Tennis Classes for Adults and Juniors


The Town of North Hempstead is excited to once again be partnering with Sportime to bring our residents adult and junior tennis programs at Manorhaven Park this summer.






Each session will have 4 classes that run over the course of 2 weeks. 1 hour sessions are \$85 per person and 1 & 1/2 hour sessions are \$135 per person. Upcoming sessions include: June 27 - July 6, July 11 - July 20, July 25 - August 3, August 8 - August 17, and August 22 - August 31.

For more information, please click the button below, or call Sportime at 888-698-3664.

[Learn more](#)

  
**Leaf Blower Law**

The Town's landscaping regulations are now in effect from June 15<sup>th</sup> to September 15<sup>th</sup>. Commercial landscapers are prohibited from using gas-powered leaf blowers during this time period.

Pursuant to Chapter 38A-6 (A) (6) commercial landscaping is permitted between 8 a.m. to 7 p.m. weekdays, 10 a.m. to 5 p.m. on Saturdays and no operation on Sundays and holidays. These restrictions may be suspended during emergencies.

**For More Information**  
Call 311 or (516) 869-6311 Visit [northhempsteadny.gov](http://northhempsteadny.gov)

## Town's Landscaping Law Prohibiting Gas-Powered Leaf Blowers Back in Effect

The Town reminds residents and landscaping companies that the Town's landscaping regulations are now back in effect as of June 15. The regulations are aimed at reducing noise and air pollution caused by gas-powered leaf blowers. Under the regulations, commercial landscapers are prohibited from using gas-powered leaf blowers from June 15 to September 15 every year.

Commercial landscaping is permitted between 8 a.m. to 7 p.m. weekdays, 10 a.m. to 5 p.m. on Saturdays and no operation on Sundays and holidays. These restrictions may be suspended during emergencies.

## Summer Concerts and Events

Join us this summer for one of North Hempstead's summer concerts and events. With a wide array of live performances and movies in parks across the Town, there's something for everyone!



For a complete listing, click on the button below.

[Learn more](#)



## Vendors and Sponsors for Upcoming Events

Are you a business or organization interested in being a vendor or sponsor for an upcoming Town event? Please click on the link below to sign up and for more information:

<https://bit.ly/TONHVendor>

[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](#)



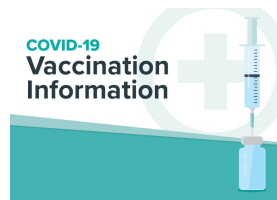
### Not In Our Town

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

A bivalent COVID-19 booster will help eligible 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)



### 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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