

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

Project Independence E-News

Project Independence July 2024 Newsletter

Town of North Hempstead FUNDAY MONDAY 2024
North Hempstead Beach Park (10am – 2pm)
175 West Shore Rd, Port Washington



July 8
Rain-date July 11
Welcome Back to Funday Monday – Kickoff
Stan & Edi 11am-2pm

July 15
Rain-date July 18
VIVA LAS VEGAS
Vegas Strip Tribute 11am-2pm

July 22
Rain-date July 25
Hawaii - Aloha
Island Inspirations 11am-12:30pm
Elvis Tribute 12:30pm-2pm

July 29
Rain-date Aug. 1
RESOURCE FAIR
The Something Special
Big Band 11am-2pm
Sponsored By:


August 5
Rain-date Aug. 8
At the Copacabana
DJ Don Q 11am-2pm

August 12
Rain-date Aug. 15
Country Music & Dancing
Happy Trails 11am-2pm

August 19
Rain-date Aug. 22
HOMETOWN USA
SALUTE TO THE TROOPS
Vintage Car Show
Quatrain Quartet
Bud & Linda

WEEKLY
* Pickle Ball Instruction 9am-11am * Yoga 9am-10am
* Line Dancing 10am-11am * Tai Chi 11am-12pm
Please make sure to wear sneakers, comfortable clothes & always stay hydrated!

For more information and weather updates, please call 311 (516) 869-6311

FunDay Monday Is Back - Monday, July 8

Summer is officially here, and FunDay Monday will be returning to the beach! 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 8 to August 19 (Rain Dates-Thursdays of each week) from 10 a.m. to 2 p.m. 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.

Learn more



The Project Independence and You Radio Show - July 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 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.

Upcoming Shows

July 5-Repeated Shows

July 12- Dr. Arturo Hernandez (Author & Professor of Psychology at the University of Houston) to discuss the **6 secrets to building brain power**

July 19- Jeanne Cacciatore, LMSW (Program Dtr, Family & Children's Association, Mental Health Awareness Training Program, Safe Observant Senior (SOS) Program) to discuss **A Glimpse into Mental Health First Aid**

July 26-Repeated Shows

What Matters to You Men's Community Group - Friday, July 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) 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](#)



St. Francis FREE Cardiac Screenings - Friday, September 6 & Tuesday, September 10, 2024

In partnership with Catholic Health St. Francis Hospital & Heart Center. The FREE screenings include a brief cardiac history, blood pressure, simple blood test for Cholesterol, and Diabetes screenings with appropriate patient education and referrals as needed for clients above the age of 18. Dates and times are subject to change, please call 311 or 869-6311 before going to a location.

NO APPOINTMENTS REQUIRED.

Friday, September 6, 2024 from 10 a.m. to 2 p.m. - "Yes We Can" Community Center, 141 Garden Street, Westbury

Tuesday, September 10, 2024 from 10 a.m. to 2 p.m. - Clinton G. Martin

[Learn more](#)

Project Independence Joint Advisory Committee Meeting - Wednesday, September 18, 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. The next meeting will be both in person and virtual on Wednesday, September 18, 2024 at Clinton G. Martin Park at 10 a.m. Dr. Brian Mayrsohn (Comprehensive Pain Management Physician, Maywell Health) will discuss Comprehensive Pain Management: Live your healthiest, most pain free life.

If you are interested in participating, please call 311 or 516-869-6311 to register or receive a Zoom link.

[Learn more](#)



Fall Farm to Table - Wednesday, September 25, 2024

Presented by Cornell Cooperative Extension-Nassau County. Join CCE Nassau Community Nutrition Educators to explore seasonal eating. When you buy fruits and veggies that are in season and grown nearby, you're not only getting the best tasting and most nutritious options but also helping your community and the planet. Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, September 25, 2024 from 11 a.m. to 12 p.m. 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 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!

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.

[Learn more](#)





Receiver of Taxes Mary Jo Collins Tip Corner

Avoid late payment penalties- two ways to ensure you don't miss the deadline for paying your taxes.

1. Sign up for our Tax office email reminders- In addition to receiving a reminder card in the mail, you will receive an email from our office regarding upcoming deadline for tax payments for both General and School Taxes
2. Arrange for a third-party designee to receive a copy of your tax bills- These forms are available in our office and will be on our Town of North Hempstead website soon.

For assistance with these two services or other tax related questions you can email us at tax@northhempsteadny.gov or call Tax Office: (516) 869-7800.

Visit the Receiver of Taxes at Funday Monday events this summer for any available forms.

North Hempstead's Summer Concert Season is Right Around the Corner!

North Hempstead's Summer Concert Season begins on Sunday, July 7 with a performance by Us and Floyd at North Hempstead Beach Park beginning at 7 p.m. Click the link below for the full summer concert schedule.



[Learn More](#)


Movies in the Park Returns

Tuesday, July 9

North Hempstead's Tuesday Movies in the Park returns on Tuesday, July 9 at 8:45 p.m. at Clark Botanic Garden with a showing of Barbie!


Click the link below for the full Tuesday Movies in the Park Schedule.

[Learn More](#)



Town of North Hempstead

MOVIES IN THE PARK



Barbie

Tuesday, July 9 at 8:45 p.m.
Clark Botanic Garden,
193 I.U. Willets Road,
Albertson

Farmer's Market at Clinton G. Martin Park

Our partnership with the Long Island Growers Market has begun! Together, we will be hosting a farmers market at Clinton G. Martin Park every Friday throughout the summer and fall... all the way through November 22, 2024! The farmers market will be open from 7 a.m. to 1 p.m., featuring a delicious selection of food from the following:

Fred Terry and Son Farm: Fresh vegetables and fruit.

Orchard of Conklin: fresh fruit, berries, fruit pies, tarts, honey, cookies, cider, donuts, homemade quiche, eggs, homemade peanut butter.

Horman's Best Pickles: assorted homemade pickles, jarred vegetables, homemade Bloody Mary Mix.

Jessie's Empanadas: assorted stuffed empanadas, all flavors (meat, vegetables, and cheese) and sauces.

Captain Mike Fresh Catch Of The Day: fresh catch seafood, dinners



Long Island Growers
Farmers Market



RAIN OR SHINE

CLINTON G. MARTIN PARKING LOT
EVERY FRIDAY, BEGINNING JUNE 7, 2024
7:00AM-1:00PM

LOCAL BAKERS, FRESH FRUIT,
VEGETABLES & MORE

Long Island Growers Market LLC
(516) 466-8939

ready to go, shellfish and more.

Cheese Guy: hard and soft cheeses, gourmet cheeses.

Demi Food Truck: breakfast treats, coffee, tea, and more.

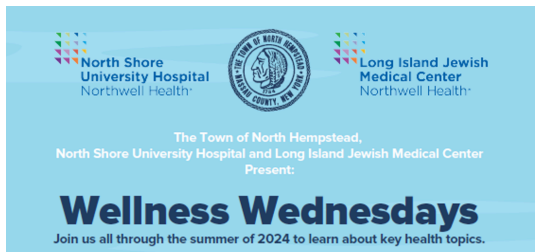
Bambino Ravioli Pastificio: famous raviolis.

Vashty: homemade candles.

Goodness Dairy: homemade ice cream and fresh milk.

Park Fresh: homemade cannoli, all flavors.

[Learn More](#)



North Hempstead's 2nd Annual Wellness Wednesday Series returns in July!

Make your health your number one priority this summer by joining us for our 2nd Annual Wellness Wednesday series. North Hempstead will once again partner with North Shore University Hospital and Long Island Jewish Medical Center to host two Saving Lives Trainings and two free skin cancer screenings. To learn more and to register, please visit www.northhempsteadny.gov/sunscreen.

July 10: Saving Lives Training
Manorhaven Beach Park from 11 a.m. to 12 p.m.

July 17: Skin Cancer Screening
Clinton G. Martin Park from 11 a.m. to 1 p.m.

July 24: Saving Lives Training
Whitney Pond Park from 11 a.m. to 12 p.m.

July 31: Skin Cancer Screening
Manorhaven Beach Park from 11 a.m.
to 1 p.m.

Learn more

North Hempstead's E-Waste Recycling Program & Next S.T.O.P. Date

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.

Additionally, North Hempstead's next Stop Throwing Out Pollutants event will take place on Saturday, September 28 at North Hempstead Beach Park. Please visit <https://www.northhempsteadny.gov/sto program> to learn more.

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 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, 9 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, 9 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, 9 A.M. TO 3 P.M. North Hempstead Beach Park (North Lot) (Part of the Town's S.T.O.P. program)*
SATURDAY, JUNE 29, 9 A.M. TO 3 P.M. Westbury 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 hosting electronic waste (e-waste) drop-off events for residents in North Hempstead in lieu of accepting e-waste at Sunday Residential Drop-off.

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



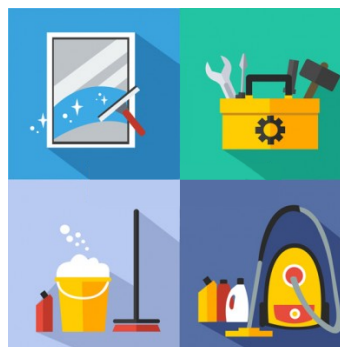
Lifeguards Wanted!

The Town of North Hempstead is hiring lifeguards for the summer pool season. Click the link below and share the information with your families, friends and neighbors!

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.





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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