

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

Project Independence E-News



Project Independence June 2024 Newsletter



Staycation Ideas for Older Adults

The summer is approaching, and a staycation is just what the doctor ordered! A staycation can be the perfect way to refresh and recharge without breaking the bank. Even something small like a virtual trip with family can positively affect older adults' mental health. Aging adults and their loved ones can experience these activities together. Click the link below for some ideas!

[Learn more](#)





Blankets of Love - Tuesday, June 4, 11, 18, 25, 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](#)

St. Francis FREE Cardiac Screenings - Wednesday, June 5 and Thursday, June 13, 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.

Wednesday, June 5 from 10 a.m. to 2 p.m. at Magnolia Gardens - 899 Broadway, Westbury

Thursday, June 13 from 10 a.m. to 2 p.m. at Manhasset Valley Residence - 155 East Shore Road, Manhasset

NO APPOINTMENTS REQUIRED.

[Learn more](#)





Bridge Class - Wednesday, June 5, 12, 26, 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 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.

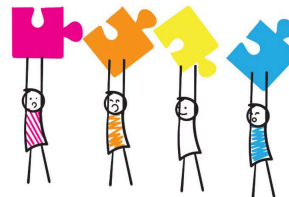
Please call 311 or 869-6311 to register or for more information.

[Learn more](#)

Puzzle Time - Wednesday, June 5, 12, 26, 2024

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 The Homestead (Community Room), 252 Grand St., Westbury on Wednesday, June 5, 12, 26, 2024 from 2-3 p.m. North Hempstead Project Independence invites all Town residents 60 and over.

Puzzle Time



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

[Learn more](#)



Project Independence Social Discussion Group - Thursday, June 6, 13, 27, 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](#)

Golden Hearts Bingo & Blood Pressure Screenings - Thursday, June 6, 13, 20, 27, 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](#)

Town of North Hempstead

Project 
Independence
Radio Show

**The Project Independence and
You Radio Show - Friday, June
7, 14, 21, 28, 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

June 7- Mary Jo Collins (Receiver of Taxes, Town of North Hempstead) to discuss the Senior Citizen Tax Reduction Program and STAR and Enhanced Star

June 14 - Dr. Sara Glass, PhD LCSW (Trauma Therapist & Author) to discuss Survival Tips for Leaving Unhealthy Relationships and Coping with Loss

June 21- Kristina Freshour MS, RD, CDN (Registered Dietitian at Katz Institute for Women's Health) to discuss Nutrition & Wellness

June 28 - Maria Alvarez (Executive Director, New York StateWide Senior Action Council, Inc. to discuss NY Senior Medicare Patrol: Medicare Fraud Prevention

[Learn more](#)

Fridays at Yes We Can - Friday, June 7 and 14, 2024

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.



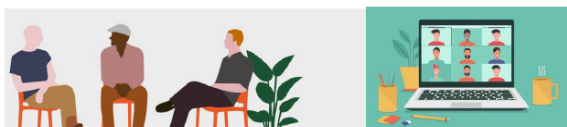
Let the Games Begin: Boost Your Brainpower & Coordination with Kelly Steinmann, RN (PI Nurse) - June 7

What in the World is Going On? & Color Me Calm Enjoy this current events discussion group while coloring for relaxation. With Gia Montelbano (TONH Dept. of Services for the Aging/PI) - June 7

Heart-to-Heart Bingo and Blood Pressure Screenings with Kelly Steinmann, RN (PI Nurse) & Debra Marks, LMSW (PI Social Worker) - June 14

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

[Learn more](#)



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

Project Independence Joint Advisory Committee Meeting - Wednesday, June 12, 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, June 12, 2024 at Clinton G. Martin Park at 10 a.m. Mary Jo Collins, North Hempstead Receiver of Taxes will discuss the Senior Citizen Tax Reduction program and a review of STAR and Enhanced Star.



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

[Learn more](#)



SMART VAN (Family and Children's Association (FCA) Senior Mobile Access to Resources & Technology) - Friday, June 21, 2024

Technology doesn't have to be difficult. Improve technological literacy to continue to live well, feel well, and age well! FCA's SMART Van will be making stops throughout North Hempstead providing technological training, connection to resources and informal counseling.

Bring your cell phone, laptop, or tablet to receive direct assistance. North Hempstead Project Independence invites all Town residents 60 and over.

No appointments required. Please call 311 or 869-6311 to register or for more information.

The Van will be available from 10 a.m. to 2 p.m.
Friday, June 21, 2024

Port Washington Adult Activities Center (80 Manorhaven Blvd, Port Washington)

Summer Farm to Table - Wednesday, June 26, 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, June 26, 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!

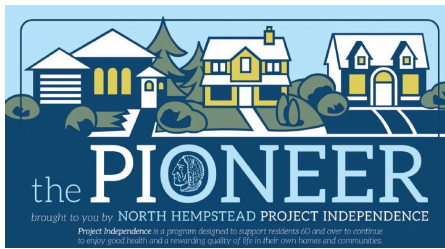
Join North Hempstead's Project Independence exercise classes today. At home virtual classes include Fitness, Tai Chi, Yoga and Dance. Many of the classes and times are the same as the Project Independence in-person fitness classes.



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.



**Check out our Spring 2024
Pioneer Newsletter by Clicking
the Link Below**

[Learn more](#)



Celebrate Pride Month at Town Hall - Tuesday, June 4

In recognition and celebration of June's designation as Pride Month, North Hempstead Town Supervisor Jennifer DeSena and the Town Board will raise the Pride flag at Town Hall prior to their monthly board meeting on Tuesday, June 4, at 6:30 p.m.

Pride Month was established in honor of the 1969 Stonewall Uprising in Manhattan which was considered the turning point for the Gay Liberation Movement in the United States. The North Hempstead flag raising

demonstrates the town's commitment to achieving a more open and accepting society.

"North Hempstead is a community committed to celebrating its diversity so I am pleased to announce that the Pride flag will again be raised at Town Hall," Supervisor DeSena said. "We are one town and when we come together, we create a community that is stronger, more resilient, and just a better place to live."

Council Member Dalimonte added, "The Pride Flag is a rainbow, specifically because it's a symbol of diversity and hope. So, we proudly raise this flag and show the world that North Hempstead is a beacon of that hope."

Residents are invited to attend this ceremony and meet Mr. Frank Ullman, a distinguished member of Port Washington's Be the Rainbow, a nonprofit dedicated to bringing people together to support the LGBTQ community. Mr. Ullman noted, "When towns like North Hempstead raise the flag, we know that these are communities that place a high value on diversity and acceptance. It means North Hempstead is a welcoming home to everyone."

For more information, please call 311.

Farmers Market Coming to CGM Starting on Friday, June 7

The Town of North Hempstead is excited to partner with Long Island Growers Market to host a farmers market at Clinton G. Martin Park every Friday beginning on June 7. The farmers market will be open from 7 a.m. to 1 p.m., and will have a delicious selection of local baked goods, fresh fruit, vegetables and more! For more information, please contact Long Island Growers Market at 631-466-8939.



FunDay Monday Returns to North Hempstead Beach Park this Summer!

North Hempstead's FunDay Monday will return to North Hempstead Beach Park this summer. This popular, FREE



senior program, takes place every Monday from July 8 to August 19 from 10 a.m. to 2 p.m. FunDay Monday offers hundreds of seniors from across the Town the opportunity to gather for games, music, dancing, entertainment, and exercise. The program's most widely attended events are the Health Fair, which will take place this year on July 29 and HomeTown USA scheduled for August 19, which honors our nation's Armed Forces and veterans.



Shakespeare In The Park - Friday, June 28

Eastline Theater will be performing Hamlet on Friday, June 28 at 6:30 p.m. at Clark Botanic Garden in Albertson. Admission is FREE!

Town Clerk Office Facts

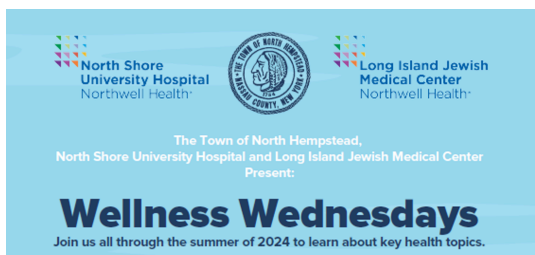
The Town Clerk's Office is the historical custodian of the town's records dating back over a century, holding a wealth of historical treasures, including old marriage and birth records for ancestors. You may request a genealogical search of your family members who have passed over 75 years ago to help you trace your family tree, with applicable fee. Visit us at the Town Clerk's Office at 200 Plandome Road in Manhasset.



The Town Clerk's office is the place to come register your new family pet for a license and pick up their dog tag. Visit us and walk out with a new license the same day, so your furry friend can start to enjoy the town parks right away. Don't forget to bring your rabies certificate!

The Town Clerk's Office plays a crucial role in issuing fishing licenses to residents and visitors so all adhere to local regulations, obtain the necessary permits to fish legally in our town's waterways, and promote responsible fishing in our community. Visit us to get your license, then head out and make memories!

[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 STOP and E-Waste Recycling Program

The next North Hempstead Stop Throwing Out Pollutants (S.T.O.P.) event will take place on Saturday, June 29 at Westbury High School from 9 a.m. to 3 p.m.

Additionally, 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 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

North Hempstead's Summer Concerts and Movies Return This Year!

Us and Floyd Tribute Band
Sunday, July 7 at 7 p.m. at North Hempstead Beach Park

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

The John Fogerty and
CCR Tribute Band
Thursday, July 11 at 7 p.m.
North Hempstead Beach Park

Tramps like Us
(Bruce Springsteen Tribute Band)
Friday, July 12 at 7 p.m.
Manorhaven Beach Park



NY Finest
(Sting & The Police Tribute Band)
Sunday, July 14 at 7 p.m.
North Hempstead Beach Park

Freebird
(Lynnard Skynyrd Tribute Band)
Tuesday, July 16 at 7 p.m.
Clinton G. Martin Park

The Side Cars (The Cars Tribute
Band)
Thursday, July 18 at 7 p.m.
North Hempstead Beach Park

Milagro (Santana Tribute Band)
Sunday, July 21 at 7 p.m.
North Hempstead Beach Park

Movie - Elemental
Tuesday, July 23 at 8:45 p.m.
Charles J. Fuschillo Park,
Carle Road & Broadmoor Lane,
Carle Place

Just Sixties – In Conjunction with the
Roslyn Chamber of Commerce
Tuesday, July 30 at 7 p.m.
Gerry Pond Park

Half-Step (Grateful Dead Tribute
Band)
Thursday, July 25 at 7 p.m.
Gerry Pond Park

Larger Than Life
(A Tribute to Boy Bands)
Sunday, July 28 at 7 p.m.
North Hempstead Beach Park

Movie - Trolls Band Together
Tuesday, July 30 at 8:30 p.m.
Caemmerer Park, Wentworth
Avenue, Albertson



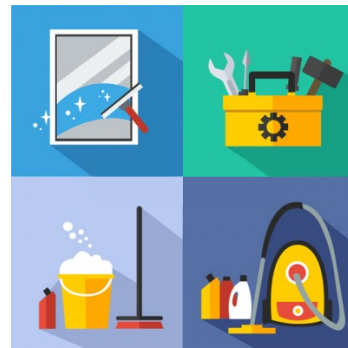
Lifeguards Wanted!

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.

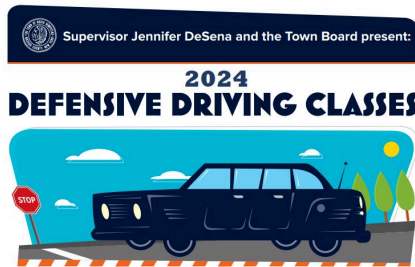
[Learn more](#)



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](#)



2024 Defensive Driving Classes at Clinton G. Martin Park

The Town of North Hempstead is proud to partner with AARP to offer residents Defensive Driving classes throughout the year at Clinton G. Martin Park. Classes are filling up fast! The classes will be held on Saturday, June 22, September 14, October 19, November 16, and December 14. All classes will take place from 9 a.m. to 4:30 p.m. with a 30 minute lunch break.

Those interested in attending should 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.

The cost is \$25 for AARP members and \$30 for non-members. To register or for more information, please call 311 or 516-869-6311.

[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

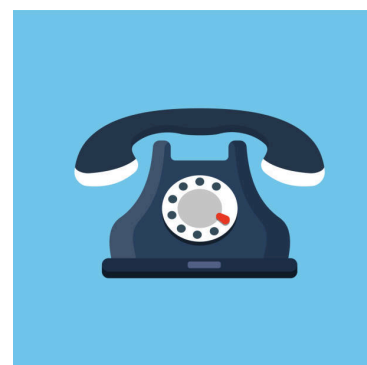
The Vial of Life is a program that allows individuals to have their complete medical information ready in their home for emergency personnel to reference during an emergency. This program is used to provide the patient's medical information when a patient is not able to speak or remember this information. 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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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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