

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

Project Independence E-News

Project Independence March 2024 Newsletter



March is National Nutrition Month!

March is National Nutrition Month[®] and everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices. It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and beyond.

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups

(vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine. Click the link below for more tips!

[Learn more](#)



The Project Independence and You Radio Show - Friday, March 1, 8, 15, 22, 29, 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:

March 1 - Elaine Franklin (Author) to discuss her book, **Once Upon A time in Beverly Hills**

March 8 - Supervisor Jennifer DeSena to recap the **2024 State of the Town**

March 15 - Repeated Shows

March 22- Repeated Shows

March 29- Dr. Brian Mayrsohn (Comprehensive Pain Management Physician, Maywell Health) to discuss **Comprehensive Pain Management: Live your healthiest, most pain free life**

[Learn more](#)

Fridays at "Yes We Can" -

Friday, March 1, 8, 22, 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.



Program topics include:

- Exercise for Balance and Strength - Presented by NYU Langone Health
- Let the Games Coordination - Kelly Steinmann, RN (PI Nurse)
- What in the World is Going On? & Color Me Calm - Gia Montelbano (TONH Department of Services for the Aging/PI)
- Heart-to-Heart Bingo and Blood Pressure Screenings - Kelly Steinmann, RN & Debra Marks, LMSW (PI Social Worker)

Check out the full schedule at the link below.

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

[Learn more](#)



2024 St. Francis Hospital Outreach Bus FREE Health Screenings

We are proud to be partnering with the St. Francis Hospital Outreach Bus to bring our residents FREE health screenings this year. The first screenings of 2024 will take place on Friday, March 1 from 10 a.m. to 2 p.m. at the "Yes We Can" Community Center, 141 Garden Street, Westbury, and Friday, March 22 from 10 a.m. to 2 p.m. at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park.

The screenings include a brief cardiac history, blood pressure, simple blood test for Cholesterol and Diabetes, 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 516-869-6311 before going to a location. Dates and times are subject to change.

[Learn more](#)

What Matters to You Men's Community Group - Friday, March 1, 8, 15, 22, 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](#)



Blankets of Love - Tuesday, March 5, 12, 19, 26, 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](#)

Bridge Class - Wednesday, March 6, 13, 20, 27, 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](#)



Project Independence Social Discussion Group - Thursday, March 7, 14, 21, 28, 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](#)

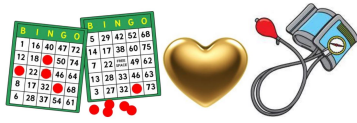
In-Home Respite Services - Thursday, March 7, 2024

Presented by Christine Weber, Program Coordinator, EAC Network. In-Home Respite can help lessen the burden for family caregivers. In-Home Respite companions will visit with your loved one to give you a much-needed break. Come and learn how respite services can help family members caring for an older adult. The In-Home Respite program is also looking for caring people to become companions, learn how you too can become a companion! Please join us at Magnolia Gardens, 899 Broadway, Westbury on Thursday, March 7, 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](#)



Golden Hearts Bingo & Blood Pressure Screenings - Thursday, March 7, 14, 21, 28, 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](#)

Project Warmth Emergency Fuel Fund: Keeping Long Islanders Warm - Friday, March 15, 2024

Project Warmth provides one-time grants to individuals and families who are unable to pay for their heating bill. Bring your electricity and gas bill on the day of the event. Applications are open to residents of the Town of North Hempstead. Please join us on Friday, March 15, 2024 between 10 a.m. to 2 p.m. at the North Hempstead “Yes We Can” Community Center, 141 Garden Street, Westbury.

For questions or more information, please reach out to Fidelia Tobar at ftobar@unitedwayli.org or at 631-940-3740.

[Learn more](#)





SMART Van (Family and Children's Association(FCA) Senior Mobile Access to Resources & Technology) - Tuesday, March 19, Wednesday, April 17, Friday May 17, 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.

The Van will be available from 10 a.m. to 2 p.m. on the following dates:

- Tuesday, March 19, 2024: Fuschillo Park (Carle Road at Broadmoor Lane, Carle Place)
- Wednesday, April 17, 2024: Clinton G. Martin Park (1601 Marcus Avenue, New Hyde Park)
- Friday, May 17, 2024: "Yes We Can" Community Center (141 Garden Street, Westbury)
- Friday, June 21, 2024: Port Washington Adult Activities Center (80 Manorhaven Blvd, Port Washington)

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

[Learn more](#)

Project Independence Joint Advisory Committee Meeting - Wednesday, March 20, 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. There will be a presentation from Karen Chayban (Registered Dietitian, Northwell Health) on Spring into



Wellness Series: Nutrition & Wellness.
The meeting will be held at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park at 10 a.m. or via Zoom.

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

[Learn more](#)



Watch Your Step Fall Prevention Program - Wednesday, March 20, 27 and April 3, 10, 17, 2024

Presented by Project Independence Nurses (Northwell Health). Join this 5 session program and learn the ways to decrease your risks of falling, simple exercises to increase strength and balance, the importance of medications for bone health, and community and home safety. The program is on Wednesday, March 20, 27, April 3, 10, 17, 2024 from 1 p.m.-2:30 p.m. at Charles J. Fuschillo Park (Carle Road at Broadmoor Lane, Carle Place)

REGISTRATION REQUIRED. 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](#)

Get the Scoop on Salt -

Wednesday, March 20, 2024

Presented by Cornell Cooperative Extension-Nassau County. Is sodium bad for you? Join the community nutrition educators to unpack all the information on managing sodium for heart health. Learn about general sodium recommendations and where you can find sodium in foods! Find out how everyone can benefit from learning more about their own heart health. Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, March 20, 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! Register today for a class. Space is extremely limited and classes fill up fast!

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.

Click on the link below to view the full schedule. 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](#)

Spring Fling 2024

North Hempstead's Senior Spring Fling dances are back this year! Seniors are invited for a fun afternoon of lunch, dancing, games, desserts and more on Friday, March 15 from 11 a.m. to 2 p.m. at Charles J. Fuschillo Park.

Reservations are required, and the limit is one event per person. Please call 311 or 516-869-6311 to RSVP or for more information.

[Learn more](#)



NEW YORK STATE BOATER SAFETY COURSE



Boater Safety Courses - March 16, April 13, May 4, 2024

North Hempstead's Public Safety Department has several Bay Constables who are certified under the

New York State Parks Department to teach the New York State Boater Safety Course. We are proud to be presenting this course free of charge to Town Residents. This is an excellent opportunity for residents who have not already taken a boater safety class to do so, in order to operate a motor boat or personal watercraft in New York State waters.

The one day eight-hour course will be given three times this year: Saturday, March 16th, April 13th, and May 4th. We invite you to participate in the course so you can obtain a NYS Boating Safety Certificate. The course will be given at the Michael J. Tully Park at 1801 Evergreen Ave., New Hyde Park. You must register online if you plan on taking the course as seats are limited.

The following are the links to register for the course:

Saturday March 16th from 8am-4pm
<https://www.register-ed.com/events/view/209001>

Saturday April 13th from 8am-4pm
<https://www.register-ed.com/events/view/209003>

Saturday May 4th from 8am-4pm
<https://www.register-ed.com/events/view/209004>

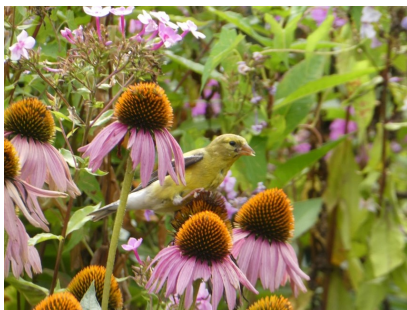
**Assessment Review
Commission Grievance Filing
Period Has Been Extended to
March 18, 2024**

Town of North Hempstead Receiver of Taxes Mary Jo Collins has announced that the Nassau County Assessment Review Commission (ARC) has extended the period to file a grievance for the 2025/2026 tax year to March 18, 2024.



To grieve your Assessed Value, you must file an AR1 form with the Assessment Review Commission. You can file the AR1 online using AROW (Assessment Review on the Web) at <https://www.nassaucountyny.gov/1510/assessment-review-commission>, or you can mail a paper version to the Nassau County Assessment Review Commission at 240 Old Country Road, 5th Floor, Mineola, NY 11501. If mailing the AR1 application, we recommend that you make copies for yourself and mail it Return Receipt requested. You may also deliver your AR1 application in person to the Assessment Review Commission.

If you need any additional information on grieving your assessment, you can call the Nassau County Assessment Review Commission at (516) 571-3214. For general tax questions, you can contact the Receiver of Taxes office either via email tax@northhempsteadny.gov or (516) 869-7800.



Landscaping for People and Wildlife - Wednesday, March 20, 2024

North Hempstead will host a workshop entitled “Landscaping for People and Wildlife” on March 20 at 7 PM.

The workshop will educate community members on how to provide the basic needs of wildlife like food, water, shelter, and places to raise young, while also creating a beautiful and low-maintenance landscapes in their own backyards. Topics covered will include native plants, composting, conserving and protecting water resources, the importance of pollinators and other

beneficial insects, stormwater management and more.

This workshop will be held virtually on Zoom and is FREE for all, including non-residents, but registration is required.

For more information and to register, visit NorthHempsteadNY.gov/Sustainability or call 311.

Lifeguards Wanted!

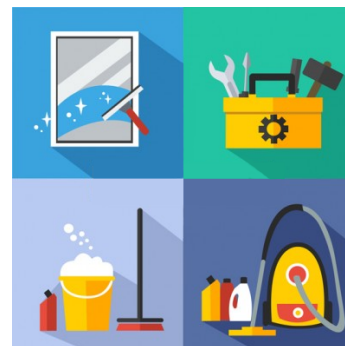
The Town of North Hempstead is hiring lifeguards for the summer pool season. Click the link below and share the information with your families, friends and neighbors!



[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.

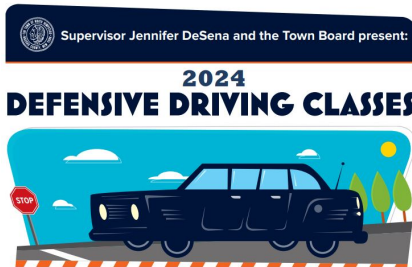
[Learn more](#)



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](#)



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](#)



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

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

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 Mary Jo Collins 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 Collins.

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.

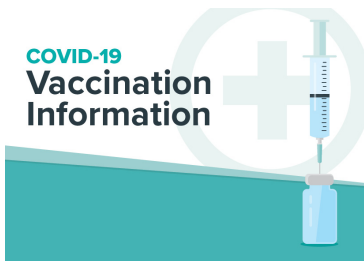
Learn more

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



This email was sent to {{ contact.EMAIL }} You received this email because you are registered with the Town of North Hempstead

[Unsubscribe here](#)



© 2024 Town of North Hempstead

Jennifer DeSena
Supervisor

Robert Troiano, Jr. - Edward Scott - Dennis J. Walsh
Christine Liu - David Adhami - Mariann Dalimonte
Council Members

Ragini Srivastava
Town Clerk

Mary Jo Collins
Receiver of Taxes

Mailing address: 220 Plandome Road, Manhasset, NY 11030
Telephone: 516-869-6311
<http://www.tonhprojectindependence.net/>