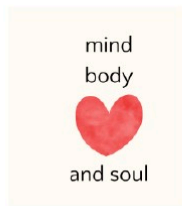


NORTH HEMPSTEAD TOWN SUPERVISOR JENNIFER DeSENA
AND THE TOWN BOARD ARE PROUD TO PRESENT

Project Independence E-News

Project Independence
March 2025 Newsletter

Wellness Wednesdays at Clinton G. Martin Park Spring 2025



Spring 2025 Wellness Wednesdays at Clinton G. Martin Park

Join us for Wellness Wednesdays, a fun and engaging program designed to promote health, education and social connection for seniors! Each week features different activities, including Cardio Drumming, Advisory Committees and Brain Games. Whether you're looking to stay active, learn something new, or simply enjoy good company, Wellness Wednesdays is the perfect way to refresh your mind and body.

Cardio Drumming

April 9, 30, May 7, May 28 and June 4, 2025 from 10-11 a.m.

Facilitated by Maria Liotta, RN (PI Nurse). Get your heart pumping and spirits lifted with cardio drumming! This fun, low-impact workout combines rhythmic drumming with simple movements to energize your body and mind. Perfect for seniors of all fitness levels, it enhances coordination, boosts cardiovascular health, and strengthens muscles—all while having a blast to lively music. Grab a pair of drumsticks, a stability ball, and let's turn fitness into a rhythm-filled adventure! No prior experience required—just bring your enthusiasm!

Advisory Committee

April 16, May 21, June 11, 2025 from 10-11:30 a.m.

Come and discuss the needs of Town residents 60 and over, offer suggestions for new programs, learn about available services in the community and make new friends.

Brain Games
April 23 and May 14, 2025 from 10-11 a.m.

Facilitated by Andrea Taylor, LMSW and Maria Liotta, RN (PI Social Worker & Nurse). Have some fun while exercising your brain! Brain games are enjoyable activities that challenge your brain with the goal of keeping your mind strong.

Registration Required. Each program requires a separate registration.

Please call 311 or (516) 869-6311 for more information.

[Learn More](#)

**HAPPY SOCIAL WORK MONTH TO ALL
PROJECT INDEPENDENCE SOCIAL
WORKERS MAKING A DIFFERENCE IN
THE LIVES OF NORTH HEMPSTEAD
SENIORS!**



S O C I A L W O R K
COMPASSION
+ ACTION



Blankets of Love - Tuesday, March 4, 18, 25, 2025

The group provides an opportunity for seniors in the community to come together and work in a collaborative manner on a meaningful and rewarding project. Each blanket is donated to a worthy cause. The blankets have been given to various human service programs in Nassau County.

The group meets on Tuesdays from 1 p.m. to 2 p.m. at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park. North Hempstead Project Independence invites all Town residents 60 and over.

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

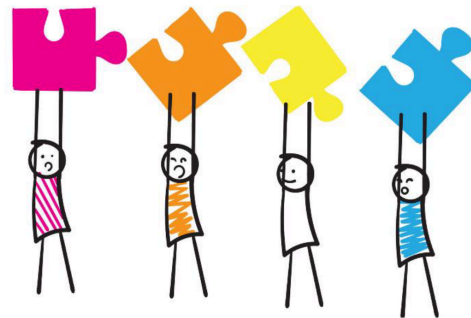
[Learn more](#)

Puzzle Time - Wednesday, March 5, 19, April 2, 16, 30, May 14, 28 and June 11, 2025

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 Magnolia Gardens, 899 Broadway, Westbury on Wednesday, March 5, 19, April 2, 16, 30, May 14, 28 and June 11, 2025 from 2-3:30 p.m.

North Hempstead Project Independence invites all Town residents 60 and over.

Puzzle Time



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

[Learn more](#)



Bridge Class - Wednesday, March 5, 12, 19, 26, 2025

Looking for a fun way to spend some time? Come and join us for Bridge. This classic card game is a great way to test your skills and strategy. Plus, it's a great way to stay sharp and keep your mind active. Whether you're a beginner or a seasoned pro, Bridge is a great game to play.

Beginner Class- Players with little or no knowledge of the game of bridge.

Intermediate Class- Players who have knowledge of how bridge is played and passed the basic knowledge stage.

The Beginner Class meets on Wednesdays from 10-11:30 a.m. and the Intermediate Class meets on Wednesdays from 11:30 a.m. to 1 p.m. at the North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury. North Hempstead Project Independence invites all Town residents 60 and over.

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

[Learn more](#)

Golden Hearts Bingo & Blood Pressure Screenings - Thursday, March 6, 13, 20, 27, 2025

Facilitated by JoAnne Tricarico, RN (PI Nurse) & Eun Kyung Lee, LMSW (PI Social Worker). Feeling Lucky? Come join Project Independence for a fun hour every Thursday and try your luck to win a prize. In addition to having some fun, a PI



registered nurse will provide blood pressure screenings and health counseling.

The program is on Thursdays from 12-1 p.m. at The Roslyn Community Center Auditorium, 53 Orchard Street, Roslyn Heights. **North Hempstead Project Independence invites all Town residents 60 and over. Please call 311 or 869-6311 to register or for more information.**

Learn more



The Project Independence and You Radio Show - Friday, March 7, 14, 21, 28, 2025

Tune in to the Project Independence and You Radio Show to hear interesting discussions and updates with government officials, medical professionals, community organizations and interesting residents. After listening to an informative guest, be sure to listen to the Talk of the Town to find out about updates, programs and what's going on around Town!

Listen to the show LIVE on Fridays from 10 a.m. to 12 p.m. on WCWP 88.1 FM or wcwp.org or download the app. Past episodes (audio & video) are available at www.northhempsteadny.gov/PI-Radio-Shows, on the WCWP YouTube page and on North Hempstead TV (NHTV). Watch NHTV on Cablevision Channel 18 or 65 or Verizon FIOS Channel 46. The show usually airs 2pm daily but check out mynhtv.com/schedule for up-to-date schedules.

The Project independence podcast is now available from your favorite podcast provider!

Just search Project Independence and YOU! and subscribe.

Upcoming Shows

March 7 - Councilwoman Christine Liu & Police Officers Mark Maguire & Jesse Cooper (3rd Precinct) to discuss Senior Safety

March 14 - Richard Landsman (President of Nottingham Capital Inc) to discuss Increasing Investment Income for Seniors

March 21 - Nancy Musumeci (Outreach Coordinator, Helen Keller Services for the Blind) & Liz Sergi, LCSW-R (Director of Social Work) to discuss Helen Keller Services for the Blind

March 28 - Randy Hight, LCSW (Director, Nancy Marx Cancer Wellness Center Sid Jacobson Jewish Community Center) to discuss the Nancy Marx Cancer Wellness Center Services

[Learn more](#)

St. Francis FREE Cardiac Screenings - Friday, March 7, Tuesday, March 11, 2025

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.

Friday, March 7, 2025

10 a.m.-2 p.m. North Hempstead "Yes We Can" Community Center
141 Garden Street, Westbury, NY 11590

Tuesday, March 11, 2025

10 a.m.-2 p.m. Clinton G. Martin Park



[Learn more](#)



**Fridays at "Yes We Can" - Friday,
March 7, 14, 28, April 4, 11, 25,
May, 2, 9, 16, 23, 30, June 6, 13,
2025**

Come join us for Fridays at the North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury at 9:30 a.m. North Hempstead Project Independence invites all Town residents 60 and over.

Exercise for Balance and Strength*
Presented by NYU Langone Health
9:30 a.m.

Heart-to-Heart Bingo and Blood Pressure Screenings
Kelly Steinmann, RN (PI Nurse) & Debra Marks, LMSW (PI Social Worker)
11 a.m.

Crafting with Kindness
Spread positivity and kindness through art and activities.
Gia Montelbano (Services for the Aging/PI) & Kelly Steinmann, RN (PI Nurse)
11 a.m.

Let the Games Begin: Boost Your Brainpower & Coordination
Kelly Steinmann, RN (PI Nurse)
11 a.m.

*Registering for Exercise for Balance and Strength does not count toward the 2 PI Exercise class per person limit.

*June 13 is the End of the Semester Gathering

REGISTRATION REQUIRED

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

[Learn more](#)

What Matters to You Men's Community Group - Friday, March 7, 14, 21, 28, 2025



Facilitated by Eun Kyung Lee, LMSW (PI Social Worker). The group is open to all men, age 60 and over living in the Town of North Hempstead. Come and discuss topics that are of mutual interest to men living in this community. The group meets on Fridays from 10:30 a.m. to 12 p.m. at Hillside Public Library, 155 Lakeville Rd, New Hyde Park 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](#)



Food Connects Us: Nutrition Through the Life Cycle - Older Adult Stage - Wednesday, March 12, 2025

Presented by Cornell Cooperative Extension-Nassau County. Food connects us across all stages of life! While nutritional needs may change, join a Registered Dietitian from CCE Nassau County to explore healthful foods from all food groups and share tips on building sustainable healthy habits. Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, March 12, 2025 from 11:30 a.m. to 12:30 p.m. North Hempstead Project Independence invites all Town residents 60 and over.

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

[Learn more](#)

Project Independence Joint Advisory Committee Meeting - Wednesday, March 19, 2025

Join a Project Independence Advisory Committee and Make a Difference! Come and discuss the needs of Town residents 60 and over, offer suggestions for new programs, learn about services available in the community and make new friends. The meeting will be both in person and virtual on Wednesday, March 19, 2025 at Clinton G. Martin Park at 10 a.m. Jason Hernandez and Cynthia Mahase (PSEG LI) will present on Energy Efficiency Tips.

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) - Wednesday, March 19, Friday, April 11, and Friday, April 25, 2025

Technology doesn't have to be difficult! Visit the SMART Van for technological training, connection to resources, informal counseling and more!

The Van will be available from 10 a.m. to 2 p.m.

Wednesday, March 19, 2025

Clinton G. Martin Park (1601 Marcus Avenue, New Hyde Park)

Friday, April 11, 2025

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



Friday, April 25, 2025

North Hempstead "Yes We Can"
Community Center (141 Garden
Street, Westbury)

APPOINTMENTS ARE NOT
REQUIRED.

North Hempstead Project
Independence invites all Town
residents 60 and over. Please call
311 or (516) 869-6311 for more
information.

[Learn More](#)



**Project Independence
Social Discussion Group -
Thursday, March 20 and 27,
2025**

Come meet new friends via Zoom!
Enjoy talking with others and
meeting your neighbors. Open to
North Hempstead residents aged
60 and older. Facilitated by
Andrea Taylor, LMSW (PI/EAC
Social Worker). The group meets
via Zoom on Thursdays from
11:30 a.m.-12:30 p.m.

North Hempstead Project
Independence invites all Town
residents 60 and over.

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

[Learn More](#)

Brain Games - Monday, March 24, 2025

Presented by Maria Liotta, RN (Northwell/PI Nurse) and Eileen Casey, MSW (EAC/PI Social Worker). Have some fun while exercising your brain! Brain games are enjoyable activities that challenge your brain with the goal of keeping your mind strong. Please join us at Manhasset Valley Residence, 155 E Shore Road, Manhasset on Monday, March 24, 2025 from 2 p.m. to 3 p.m. North Hempstead Project Independence invites all Town residents 60 and over.

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

[Learn More](#)

Brain Games



Watch Your Step Fall Prevention Program Spring 2025



Watch Your Step Fall Prevention Program - Wednesday, March 26, April 2, 9, 23, 30, 2025

Presented by Project Independence Nurses (Northwell Health). Join this 5-session program and learn 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. Please join us at the Great Neck Social Center, 80 Grace Avenue, Great Neck on Wednesday, March 26, April 2, 9, 23, 30, 2025 from 1 p.m.-2:30 p.m.

REGISTRATION REQUIRED

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

[Learn More](#)

Hearing & Screening Workshop - Friday, March 28, 2025

Presented by Dr. Ianthe Dunn-Murad, Director of Audiology, Hear2Help Associates, LLC. Come and learn about different disorders that can affect your hearing and the importance of wearing hearing aids if needed.

Free hearing screenings will be offered. Please join us at Manhasset Valley Residence, 155 E Shore Road, Manhasset on Friday, March 28, 2025 from 2 p.m.-4 p.m. North Hempstead Project Independence invites all Town residents 60 and over.

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

[Learn More](#)

Hearing & Screening Workshop



Helping Mature Drivers Find Their Safest Fit



CarFit: Helping Mature Drivers Find Their Safest Fit - Tuesday, April 1, 2025

In partnership with AARP, the American Occupational Therapy Association and Hofstra University. CarFit is a program designed to help seniors achieve a better fit with their vehicle for optimal safety and comfort while driving. A 12-point CarFit checklist will be reviewed with you while in

your own vehicle, i.e.: adjust mirrors to reduce blind spots, seat belt use, steering wheel tilt, etc. Please join us on Tuesday, April 1, 2025 from 10 a.m.-1:00 p.m at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park. The entire process takes between about 20 to 30 minutes. CarFit is free but appointments are required. Please call Alex Laghezza, PhD, OTR/L at Hofstra University to schedule your CarFit appointment (607) 206-8422. For more information on CarFit, visit: www.car-fit.org.

[Learn More](#)

Care for Caregivers Support Group - Wednesday, April 2 and 16, 2025

Facilitated by Eileen Casey, MSW (EAC/PI Social Worker). Caring for a loved one can be both rewarding and overwhelming. The Care for Caregivers Support Group provides a safe and understanding space to share experiences, receive emotional support, and gain valuable resources from those who truly understand. Whether you're seeking advice, encouragement, or simply a listening ear, you are not alone. Join us and find strength in community. The group meets at the Port Washington Adult Activities Center, 80 Manorhaven Blvd, Port Washington on the 1st and 3rd Wednesday of every month from 2 p.m.-3 p.m.

If you are interested in participating, please call 311 or (516) 869-6311 to register.



[Learn More](#)

PI & You - Thursday, April 10, 2025

Presented by Kelly Steinmann, RN (Northwell/PI Nurse), Eileen Casey, MSW (EAC/PI Social Worker) and Chari Biton (Director of Community Relations). Learn about all the Project Independence services available for Town residents aged 60 and over and help us to get to know you! Please join us at the Port Washington Library, 1 Library Drive, Port Washington on Thursday, April 10, 2025 from 11 a.m. to 12 p.m. North Hempstead Project Independence invites all Town residents 60 and over.

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

[Learn More](#)

PI & You



Guided Life Review



Guided Life Review - Tuesday, May 6, 20, June 3, 24, 2025

Facilitated by Debra Marks, LMSW (EAC/PI Social Worker). Come enjoy time with your peers on a reflective journey designed to help you explore, understand, and celebrate your life experiences. Whether seeking personal insight, a meaningful way to document your legacy, or a look ahead into the future, this program offers a supportive environment for self-

discovery. Writing will be used as a tool to aid in this process and no prior experience is necessary. Give yourself an hour to focus on YOU! Bring a journal or paper will be provided.

Please join us at the Westbury Memorial Public Library, 445 Jefferson Street, Westbury on Tuesday, May 6, 20, June 3, 24, 2025 from 10 a.m. to 11 a.m. North Hempstead Project Independence invites all Town residents 60 and over.

Space is limited. Registration is required.

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

[Learn More](#)

Project Independence Exercise Classes Spring 2025

Project Independence offers various FREE exercise classes including Yoga, Line Dancing, Low Impact Aerobics, Tai-Chi, Fitness and more! Space is limited and classes fill up fast!

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.

You can also join North Hempstead's Project Independence exercise classes at home by watching 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.

***PI-Exercise classes will air at 6:00 p.m. when the NHTV slot is open.

[Learn More](#)

Tax Talk with Receiver of Taxes Mary Jo Collins

The Nassau County Assessment Review Commission announced today that they have extended the filing period to appeal your 2026/27 assessment to April 1, 2025 (previously March 3, 2025).

For additional information regarding the assessment challenge process, please visit the ARC website at <https://www.nassaucountyny.gov/1510/Assessment-Review-Commission>.



Town Clerk Corner



Town Clerk Ragini Srivastava is a designated marriage officiant, and one of the most joyful aspects of serving the community is being a part of such a wonderful milestone in the lives of couples. Valentine's Day is one of the busiest wedding days of the year, and Town Clerk Srivastava performs a lot of weddings every year on this day-and loves it! The Town Clerk's office also provides marriage licenses, and while February 14th holds a special place as the busiest marriage day, Town Clerk Srivastava is happy to unite couples any day of the year. A marriage license must be obtained at least 24 hours before the wedding, and is valid for 60 days, so couples in the community can choose a date that is meaningful to them and plan ahead.

North Hempstead
Supervisor
Jennifer DeSena



North Hempstead
Town Clerk
Ragini Srivastava

and the Town Board invite you to the

**16TH ANNUAL
WEDDING AND RECOMMITMENT
CEREMONY**

**Thursday, March 6th, 2025
from 11 a.m. to 2 p.m.**

The Club House at Harbor Links
The Club House at Harbor Links
1 Fairway Drive, Port Washington, NY 11050

Enjoy a full luncheon, champagne toast,
dessert, music and dancing!

Price: \$22 per person.
Payment: Cash or checks payable to Harbor Links
Mail to: Vow Renewal Ceremony
200 Plandome Road, Manhasset, NY 11030

Seating is limited.
For reservations call: 311 or (516) 869-7625

North Hempstead's Wedding and Recommitment Ceremony

North Hempstead Town Clerk Ragini Srivastava, North Hempstead Town Supervisor Jennifer DeSena and the Town Board are pleased to announce the Town's 2025 Wedding and Recommitment Ceremony on Thursday, March 6 from 11 a.m. to 2 p.m. at the Clubhouse at Harbor Links, 1 Fairway Drive, Port Washington.

The Town Clerk's office presides over hundreds of wedding ceremonies each year, making the office an integral part in the day-to-day life of the Town. And this year marks the 16th anniversary of the Town's Wedding and Recommitment Ceremony, an annual Valentine's Day tradition

meant to celebrate that role. The event is held annually at Clubhouse at Harbor Links, the Town's municipal golf course but as it is currently undergoing renovations, the event was postponed to March 6.

Following the Wedding and Vow Renewal Ceremony, lunch will be served along with a champagne toast. Couples can then hit the dancefloor for an afternoon of music and dancing.

The cost to attend the event is \$22 per person. Cash is payable at the door or checks can be made to Harbor Links and mailed to: Vow Renewal Ceremony, 200 Plandome Road, Manhasset, NY 11030. Due to high demand and limited seating, reservations are required. Please call (516) 869-7625, (516) 869-6311 or 311 to make you reservation.

[Learn More](#)

North Hempstead's Annual Spring Fling!

North Hempstead's Annual Senior Spring Fling dances will be back this year! The first event will take place on Friday, March 21 from 11 a.m. to 2 p.m. at Fuschillo Park. Registration is now open. Please call 516-869-6311 or 311 to RSVP.



TOWN OF NORTH HEMPSTEAD SUPERVISOR JENNIFER DESENA AND THE TOWN BOARD ARE PROUD TO PRESENT SENIOR PROM 2025:

Spring Ball Masquerade



Friday March 21 11 A.M. – 2 P.M. CHARLES J. FUSCHILLO PARK 200 CARLE RD. CARLE PLACE	Friday March 28 11 A.M. – 2 P.M. GLINTON G. MARTIN PARK 1601 MARCUS AVE NEW HYDE PARK
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Registration opens at 10:00 AM on February 19.
Limit one event per person.

Lunch *Coffee* *Dessert* *Dancing* *Games*

RESERVATIONS ARE REQUIRED
PLEASE CALL 311 OR 516-869-6311 TO RSVP

North Hempstead Introduces New Hometown Heroes Initiative

North Hempstead is proud to establish the Hometown Heroes Program at parks throughout the Town of North Hempstead.

The initiative gives residents the opportunity to purchase banners that can be customized to spotlight veterans from communities across the town. The North Hempstead Parks Department will hang each banner before Memorial Day, and they will remain in place through Veterans Day of that same year.

The banners will be available for \$125 through March 14, 2025. Orders can be placed online at www.northhempsteadny.gov or in-person at the help desk of Michael J. Tully Park, 1801 Evergreen Ave, in New Hyde Park, Payments can be made by credit card or a check or money order to: the Town of North Hempstead. North Hempstead's Parks Department staff will work directly with residents to ensure the banners' accuracy. For more information call 311.

Click the link below for more details.

[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 2025 Town events:

SATURDAY, JANUARY 18, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington (E-Waste only)	SATURDAY, JULY 19, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington (E-Waste only)
SATURDAY, FEBRUARY 22, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington (E-Waste only)	SATURDAY, AUGUST 23, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington (E-Waste only)
SATURDAY, MARCH 29, 8 A.M. TO 3 P.M. 1400 Hempstead Beach Park (North Lot) (E.T.O.P. & E-Waste)	SATURDAY, SEPTEMBER 20, 8 A.M. TO 3 P.M. North Hempstead Beach Park (North Lot) (E.T.O.P. & E-Waste)
SATURDAY, APRIL 26, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington (E-Waste only)	SUNDAY, OCTOBER 5, 8 A.M. TO 3 P.M. North Hempstead Beach Park (North Lot) (E.T.O.P. & E-Waste)
SUNDAY, MAY 18, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington (E-Waste only)	SUNDAY, NOVEMBER 16, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington (E-Waste only)
SATURDAY, JUNE 28, 8 A.M. TO 3 P.M. Westbury High School, 1 Post Rd., Oak Westbury (E.T.O.P. & E-Waste)	SATURDAY, DECEMBER 6, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington (E-Waste only)

The Town will be hosting electronic waste (e-waste) drop-off events for residents to safely dispose of their e-waste at the following 2025 Town events:

The program is free of charge. Free drop-off items include:

For more information, please visit our website at: <https://northhempsteadny.gov/stopprogram> or Call 311

North Hempstead's E-Waste Recycling Program

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

[Learn more](#)



North Hempstead's Stop Throwing Out Pollutants Program

North Hempstead will host four FREE Stop Throwing Out Pollutants events throughout 2025.

Saturday, March 29 at North Hempstead Beach Park's North Parking Lot

Saturday, June 28 at Westbury High School

Saturday, September 20 at North Hempstead Beach Park's North Parking Lot

Sunday, October 5 at North Hempstead Beach Park's North Parking Lot

[Learn more](#)

North Hempstead's Shed the Meds Program

North Hempstead will host two FREE Shed the Meds events this year.

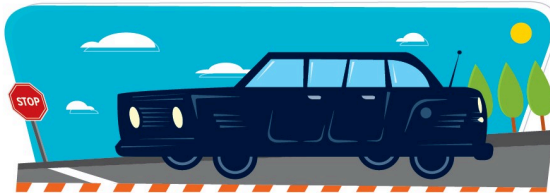
Saturday, April 5, 2025 8 a.m. to 12 p.m. at 802 West Shore Road, Port Washington



Sunday, October 19, 2025 from 8 a.m. to 12 p.m. at 802 West Shore Road, Port Washington

[Learn more](#)

2025 DEFENSIVE DRIVING CLASSES



SATURDAY, 9 A.M. – 4:30 P.M. (with a 30 minute lunch break)

March 8 | May 10 | June 7
September 6 | October 11
November 15 | December 13

Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park

AARP Defensive Driving Classes at Clinton G. Martin Park

We are excited to announce that the Town is once again partnering with AARP to offer residents Defensive Driving classes throughout the year at Clinton G. Martin Park.

AARP offers defensive driving courses to refresh residents' driving skills, with the possibility of reducing auto insurance costs. They will teach key tactics including managing your speed, expecting the unexpected from other drivers, keeping yourself alert and distraction-free, practicing a safe following distance, and driving according to road and weather conditions.

The classes will be held on the following dates at Clinton G. Martin Park from 9 a.m. to 4:30 p.m.:

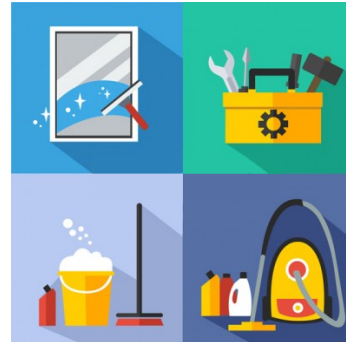
- Saturday, March 8
- Saturday, May 10
- Saturday, June 7
- Saturday, September 6
- Saturday, October 11
- Saturday, November 15
- Saturday, December 13

The cost is \$25 for AARP members and \$30 for non-members. Those interested in attending should bring a check payable to "AARP" on the day of the class. No cash will be accepted. Attendees should bring their driver's license and a bagged lunch, and AARP members should also bring their AARP cards.

[Learn more](#)

TRI Help at Home Program

The TRI Help at Home Program is designed to prepare individuals with disabilities to work in entry-level employment. Each student is trained to be proficient in Occupational Safety and Health Administration regulations (OSHA) and is supervised by a job coach.



Help at Home will be provided by TRI workers, supervised by their job coaches, to Town residents aged 60 and over. There is no charge for the service, but the homeowner/renter may need to pay for or provide any supplies needed. Services include gutter cleaning (1st floor), light yard work (minimal services), floor care (mopping or sweeping), moving heavy items, window cleaning (1st floor) and replacing batteries and lightbulbs. 516-869-6311 for more information.

[Learn more](#)



Rebuilding Together LI

Rebuilding Together LI is a program to repair and rehabilitate the homes of low income, elderly and disabled homeowners. A work-scope visit is made by a skilled tradesperson. All repairs performed by Rebuilding Together Long Island, Inc. are completed by retired volunteers at no cost to the homeowner. This is an income-based program and services include grab bars, railings, weatherization and small repairs. Call 311 or 516-869-6311 for more information.

[Learn more](#)

EAC Respite Program

In-Home Respite Services provides in-home caregivers (companions) to Nassau County residents caring for an elderly relative in their home so the caregiver can take much-needed time off.



[Learn more](#)



PI Social Worker & Nurse Updates

The PI social work and nurse team are available for appointments via the phone, office and in the home. If you would like to connect or schedule an appointment with a PI Social Worker or a PI Nurse, please call 311 or 516-869-6311.

PI Transportation Program

The Project Independence Taxi service provides discounted taxi rides for medical appointments and free trips to local grocery stores for Town of North Hempstead seniors 60+ and those with disabilities 21+.



The PI medical taxi cost to riders is \$5 or \$10 depending on where you travel: \$5 each way for a medical fare under \$22; \$10 each way for medical fare of \$22 and over. Tipping is recommended and most appreciated.

Free trips for food shopping are available twice a week between 10 a.m. and 2 p.m. You choose which day. Sharing a taxi with another rider should be expected, for medical and food shopping.

Please avoid travel during AM and PM peak travel / rush hour. Expect long delays if you book during rush hour. The best time to travel is middle of the day when taxis are less busy.

Please call 311 or 516-869-6311 to learn more about the PI Taxi service or to book your taxi reservation. Please note that program details are subject to change.

[Learn more](#)



Circle of Support

The Project Independence Circle of Support is a life planning tool that includes trusted people, organizations, and other resources that come together to help you live a more healthy, social and productive life in your community. “YOU” control the process so that you can be the “Director of Your Life”. Your Circle is always changing as life circumstances change for you and members of your support pool. This tool helps to identify who is part of your Circle, and helps you determine the strengths and weaknesses in your Circle of Support.

You can request the Circle of Support booklet in a hard copy or in a digital fillable version. Please call 311 or 516-869-6311 to request your copy today!

[Learn more](#)

Zoom Training Available for PI Members

PI volunteer, and Technology for the Terrified Instructor, Barbara Mehlman began offering assistance via the telephone to assist seniors interested in participating in Zoom programs. If you would like assistance, call 311 or 516-869-6311.



Vial of Life

The Vial of Life is a program that allows individuals to have their complete medical information ready in their home for emergency personnel to reference during an emergency. This program is used to provide the patient’s medical information when a patient is not able to speak or remember this information. Call 311 or 516-869-6311 to receive a Vial of Life packet.

Neighbors Helping Neighbors:

Telephone Reassurance Program

Would you like to make a difference in a Project Independence member's life or maybe you know a senior who would like to receive a friendly phone call for companionship and reassurance?



For many different reasons, seniors can feel isolated and disconnected. This program is designed to help keep seniors connected with one another. Our volunteers know that helping others adds meaning and fulfillment to their own lives; they understand the importance of friendship and companionship.

Neighbors Helping Neighbors is for Town residents aged 60 and over to receive calls. Volunteers must be 21 or older and a Town resident. If you are interested in being part of this program, call 311 or 516-869-6311

[Learn more](#)



Mobile App for WCWP-88.1

WCWP has an App so you can hear your favorite radio show Project Independence and YOU! The App can be downloaded to both iOS devices iPhone and iPad as well as Android devices like a Galaxy phone or Surface tablet.

To download the App go to the App store on your Apple device or the Google Play store if you use an Android device. Search: WCWP Radio.

[Click Here](#) to learn more about the WCWP Radio app.

[Click Here](#) to learn more about turning into to WCWP live.

Past episodes are also available at: www.northhempsteadny.gov/PI-Radio-Shows

[Learn more](#)

Not In Our Town

North Hempstead pledges to not remain silent in the face of hate crimes, intolerance or violence. Join us and take a stand. It is important to show unity and advocacy for all individuals. Change happens on a local level and can start with you.

[Learn more](#)



Updates About the Town of North Hempstead

Are you interested in receiving emails about the Town of North Hempstead's events, programming and your local community? Click on the button below to subscribe to our email list.

[Learn more](#)



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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/>