

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

Project Independence E-News

Project Independence May 2023 Newsletter



Spring 2023 Pioneer

The Spring 2023 edition of the Pioneer newsletter was just released. Click on the link below to read a digital copy of the newsletter.

[Click here for more information](#)



Blankets of Love - Tuesday, May 2, 9, 16, 23 & 30, 2023

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

[Learn more](#)

Bridge Class - Wednesday, May 3, 10, 17, 24 & 31, 2023

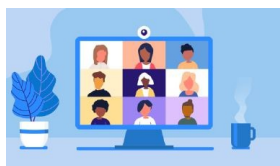
Come join us to learn to play the fun game of Bridge. The classes are for beginners and those with basic knowledge who wish to improve their skill. Classes meet on Wednesdays from 12 to 2 p.m. at the North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury.



North Hempstead Project Independence invites

all Town residents 60 and over. REGISTRATION REQUIRED.
Please call 311 or 869-6311 to register or for more information.

[Learn more](#)



Project Independence Social Discussion Group - Thursday, May 4, 18 & 25, 2023

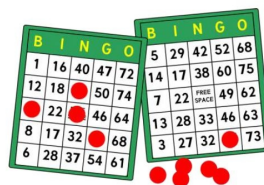
Come meet new friends via Zoom! Enjoy talking with others and meeting your neighbors. Open to North Hempstead residents age 60 and older. Facilitated by Andrea Taylor, LMSW (PI/EAC Social Worker). The group meets via Zoom on Thursdays from 10:30 a.m.-11:30 a.m.

North Hempstead Project Independence invites all Town residents 60 and over. If you are interested in participating, please call 311 or 516-869-6311 to register and receive a Zoom link.

[Learn more](#)

Golden Hearts Bingo & Blood Pressure Screenings - Thursday, May 4, 11, 18 & 25, 2023

Facilitated by Krista Papatheodorou, MSW (PI Social Worker) & JoAnne Tricarico, RN (PI Nurse). 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](#)



What Matters to You Men's Community Group - Friday, May 5, 12, 19 & 26, 2023

Facilitated by Krista Papatheodorou, MSW (PI Social Worker). The group is open to all men, age 60 and over living in the Town of North Hempstead. Come and discuss topics that are of mutual interest to men living in this community. The group meets on Fridays from 10:30 a.m. to 12 p.m. at the Hillside Public Library (155 Lakeville Rd, New Hyde Park, NY 11040).

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

[Learn more](#)

The Project Independence and You Radio Show - Friday, May 5, 12, 19 & 26, 2023



Tune in to the Project Independence and You

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

Listen to the show on Fridays from 10 a.m. to 12 p.m. on WCWP 88.1 FM or wcwp.org 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:

- May 5 - Jacqueline A. Sobota, DMD, PhD (Interim Program Director, General Practice Residency Department of Dental Medicine, Northwell Health) to discuss Oral Health for Seniors & Rhonda Schwartz (Regional Administrator Administration for Community Living) to discuss Administration for Community Living-Older American Month-Aging Unbound
- May 12 - Repeated Shows
- May 19 - Rachel E. Priest (Behavioral Health Educator, Mental Health Association of Nassau County) to discuss May is Mental Health Awareness Month
- May 26 - Pooja R. Shah, MD, FAAD (Assistant Professor | Department of Dermatology, Zucker School of Medicine at Hofstra | Northwell Health) to discuss Skin Health for Seniors

[Learn more](#)



Fridays at "Yes We Can" - Friday, May 5, 12, 19 & 26, 2023

Come join us for Fridays at the North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury on Friday, May 5, 12, 19 & 26, 2023.

Matter of Balance - 9:30 a.m. - 11:30 a.m.

Presented by NYU Langone Health

CLASS FULL - call 311 or 516-869-611 for more information

May 5, 12, 19 & 26
June 9 & 16

What in the World is Going On?

- 11:30a.m.-12:30p.m.

Current and world events discussion group

May 5, 12, 19 & 26
June 9 & 16

Heart-to-Heart Bingo and Blood Pressure Screenings - 12:30p.m. -1:30 p.m.

Kelly Steinmann, RN (PI Nurse) & Jina Etienne, MSW(PI Social Worker)

May 5 & 19
June 16

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 - Tuesday, May 9, 2023 & Monday, May 15, 2023



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.

Upcoming dates include:

Tuesday, May 9, 2023 - 10 a.m.-2 p.m. - Great Neck Social Center, 80 Grace Ave., Great Neck, NY 11021

Monday, May 15, 2023 - 10 a.m.-2 p.m. - Port Washington Adult Activities Center, 80 Manorhaven Blvd., Port Washington, NY 11050

[Learn more](#)



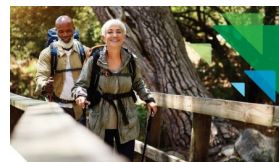
Project Independence Joint Advisory Committee Meeting - Wednesday, May 10, 2023

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. Rachel E. Priest (Behavioral Health Educator, Mental Health Association of Nassau County) to present on May is Mental Health Awareness Month.

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](#)

Heart Smart: Six S.T.E.P.S. in Six Weeks to Heart-Healthy Living - Wednesday, May 17, 24 & 31 and June 7, 21 & 28, 2023



Heart disease is the leading cause of death in the US—claiming more lives each year than all forms of cancer and chronic lower respiratory disease combined. It is also one of the most preventable. Many women and men with heart disease or risk factors for heart disease want to make heart-smart changes in their lives but don't know how to begin. Heart Smart: Six S.T.E.P.S in Six Weeks to Heart-Healthy Living Program is designed to help you understand the science behind heart disease and make simple lifestyle changes in eating, cooking and exercising and offer suggestions on how to develop the most effective partnership with your healthcare team.

This free weekly program is held jointly by

Northwell Health Katz Institute for Women's Health and the Town of North Hempstead's Department of Services for the Aging-Project Independence. The program meets on Wednesday, May 17, 24 & 31 and June 7, 21 & 28, 2023 from 9:30-11:30 a.m. at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park.

North Hempstead Project Independence invites all Town residents 60 and over. SPACE IS LIMITED - ONLY A FEW SLOTS LEFT. Please call 311 or 869-6311 to register or for more information.

[Learn more](#)



Hydration for Seniors - Wednesday, May 17, 2023

Presented by Cornell Cooperative Extension-Nassau County. Water is essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Older adults are more prone to becoming dehydrated for a number of reasons, including a diminished sense of thirst. Join us to find simple ways to increase your water intake that can help you avoid the complications of dehydration and stay healthy. Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, May 17, 2023 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](#)

Coping with Loss Support Group - Wednesday, May 24 & 31 and June 7, 14, 21 & 28, 2023

Facilitated by Krista Papatheodorou, MSW (PI Social Worker). Project Independence is offering a grief and loss support group for those who have experienced the death of a loved one. Coping with loss can be very difficult, and you are not alone. This group offers a safe, confidential, and supportive environment to learn healthy coping skills. This 6-session group meets May 24 & 31 and June 7, 14, 21 & 28, 2023 from 11 a.m.-12 p.m. at the Hillside Public Library (155 Lakeville Rd, New Hyde Park, NY 11040).

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

[Learn more](#)



This Life of Mine: Sharing and Creating New Memories Through Journaling - Thursday, June 1, 8, 15, 22 & 29 and July 6, 2023

Facilitated by Gail Selis, Gerontologist (EAC/Project Independence). This 6-session guided journaling group will inspire you to record the unique details and stories of your life, both for yourself and for your family and friends. Join this journaling group for seniors and recount the past and present memories through journaling. The group meets on Thursday, June 1, 8, 15, 22,

29 and July 6, 2023 from 1-2 p.m. at the Port Washington Public Library (1 Library Dr, Port Washington, NY 11050)

North Hempstead Project Independence invites all Town residents 60 and over. SPACE IS LIMITED. REGISTRATION REQUIRED. If you are interested in participating, please call 311 or 516-869-6311 to register.

[Learn more](#)

Project Independence TV Exercise Classes Schedule



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

The PI exercise classes broadcast on the Town's public access television station, North Hempstead TV. Channel 65 on Cablevision or Channel 46 Verizon FIOS. Classes air Monday through Sunday, 10 a.m., 1 p.m., and 6 p.m. You can also visit: www.mynhtv.com/fitness 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.



EAC Respite Program

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

[Learn more](#)

PI Social Worker & Nurse Updates

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



PI Transportation Program

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

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

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

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

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

[Learn more](#)

Circle of Support

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



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

[Learn more](#)

VIAL OF LIFE



SEE REFRIGERATOR DOOR FOR COMPLETE MEDICAL INFORMATION

Vial of Life

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

Zoom Training Available for PI Members

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



Neighbors Helping Neighbors: Telephone Reassurance Program

The Neighbors Helping Neighbors program aims to ease isolation as the coronavirus pandemic has forced seniors, who are most susceptible to the virus, to remain at home. During this time of uncertainty and social distancing, many can feel isolated and disconnected. This program is designed to help keep seniors connected. Neighbors Helping Neighbors is for Town Residents aged 60 and over to receive calls. Volunteers must be 21 or older and a Town resident. If you are interested in being part of this program, call 311 or 516-869-6311.

[Learn more](#)

Town Calls for Nominations for 30th Annual Women's Roll of Honor

Supervisor Jennifer DeSena and Town Clerk Ragini Srivastava announced that nominations for the 2023 Women's Roll of Honor have been extended to Friday, May 12, 2023.

The Women's Roll of Honor recognizes women who reside in the Town who have made a contribution to their community, or have accomplished a significant achievement through public or private efforts in a volunteer capacity.

The 30th Annual May W. Newburger Women's Roll of Honor Breakfast will be held Friday, June 23, 2023 at the Clubhouse at Harbor Links in Port Washington.

Click on the button below to submit an nominee.

[Learn more](#)



Spring Fest - Saturday, May 6

North Hempstead's Annual Spring Fest returns on Saturday, May 6 from 12 p.m. to 5 p.m. at Clark Botanic Garden in Albertson.

There are so many fun activities planned including live interactions with animals, dazzling musical movement shows, nature walks, crafts, music, characters, butterfly releases, and more. All attendees can also enjoy the 12 beautifully manicured acres of Clark Botanic Garden which includes labeled gardens, trees, ponds and streams.

For a complete list and schedule for events click on the link below.

[Learn more](#)

Rabies Clinic - Saturday, May 6

The Town of North Hempstead will be hosting a free rabies vaccination clinic in conjunction with the Nassau County Department of Health. The clinic will be held at the Town of North Hempstead Animal Shelter in Port Washington on Saturday, May 6, 2023 from 10 a.m. to 12 p.m.

Rabies vaccines will be available to dogs and cats, as well as ferrets. You do not have to be a resident of North Hempstead for your pet to receive a free rabies vaccine. North Hempstead officials will also offer on-the-spot dog licensing applications and renewals to North Hempstead residents.

Owners must bring their dogs on leashes and their cats and ferrets in carriers. Registration is required. The North Hempstead Animal Shelter is located at 75 Marino Avenue in Port Washington. To make a reservation, or if you have any questions, please call 311 or (516) 869-6311.

[Learn more](#)



Veterans Services Information Showcase - Tuesday, May 9

The Town will be hosting a Veterans Services Information Showcase on Tuesday, May 9 from



6:30 p.m. to 8 p.m. at Clinton G. Martin Park, 1601 Marcus Ave., New Hyde Park. The event will connect veterans and their families with services and resources available to them. Light refreshments will be served. RSVP by calling 516-869-7604.

Click on the button below to see the flyer.

[Learn more](#)

Second-Half of the 2022-2023 School Property Tax, Due Wednesday, May 10



North Hempstead Receiver of Taxes Charles Berman reminds residents that the last day to pay the 2022-2023 school taxes – second-half bill without a penalty is Wednesday, May 10, 2023. Second-half of the 2022-2023 school tax payments must be postmarked by the U.S. Postal Service on or before Wednesday, May 10, 2023 to avoid penalty.

For more information on online tax payment or paying in person click on the link below.

[Learn more](#)



Annual Spring Day Plant Sale - Friday, May 12 & Saturday, May 13

The Annual Spring Plant Sale at Clark Botanic Garden will be held on Friday, May 12 from 10 a.m. to 6 p.m. and Saturday, May 13 from 10 a.m. to 4 p.m. The sale will feature annuals, perennials, herbs, shrubs, hanging baskets, trees, native plants, vegetables and houseplants for purchase. The plant sale raises money for the Fanny Dwight Clark Memorial Garden, Inc.

Celebrating its tenth anniversary, Taste NY will have a booth at the plant sale exclusively featuring Long Island products. Locally curated items will be on display and available for purchase.

Admission to the plant sale is free and only cash or checks will be accepted when purchasing plants. All proceeds will benefit the Fanny Dwight Clark Memorial Garden, Inc. The plant sale is rain or shine. For more information, please call 311 or (516) 869-6311.

[Learn more](#)

Asian American Festival - Saturday, May 20



The Town will be hosting the Annual Asian-American Festival on Saturday, May 20 beginning at 11:30 a.m. at North Hempstead Beach Park in Port Washington. WAC Lighting will serve as the primary event sponsor for 2023 and Northwell Health's North Shore University Hospital in Manhasset and Long Island Jewish Medical Center in Valley Stream are also sponsoring the event.

Since the first Asian-American Festival in 2010, members of the North Hempstead community

have celebrated the Asian cultures represented in North Hempstead yearly during Asian American and Pacific Islanders Heritage Month. The celebration includes live performances from around the world, food from local restaurants, and cultural activities.

There will be a lively market and food representing the countries of Afghanistan, China, India, Japan, Pakistan, Philippines, Korea and more.

The event is free to attend; there is a \$10 parking fee per vehicle if paying with cash, \$7 parking fee if paying with credit or debit card.

For more information, please call 311 or (516) 869-6311.

[Learn more](#)



E-Waste Drop-Off - Saturday, May 20

Each month, the Town hosts a program where residents can dispose of e-waste. The next e-waste event will be on Saturday, May 20 from 8 a.m. to 12 p.m. at 802 West Shore Road, Port Washington. Click on the button below to learn more and for a list of additional e-waste events scheduled for this year.

[Learn more](#)

AARP Driving Course - Saturday, May 20

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

The classes will be held on: Saturday, May 20, Saturday, June 17, Saturday, September 9, Saturday, October 14, Saturday, November 18, and Saturday, December 16 from 9 a.m. to 4:30 p.m. (with a 30-minute lunch break). The cost is \$25 for AARP members and \$30 for non-members.

Please bring a check made payable to "AARP" on the day of the class. No cash will be accepted. Attendees should also bring: their driver's license, a bagged lunch, and AARP members should also bring their AARP card.

Please call 311 for more information.

[Learn more](#)

DEFENSIVE DRIVING CLASSES



Memorial Day Commemoration and Fireworks - Saturday, May 27

The Town of North Hempstead's Memorial Day Commemoration and Fireworks Extravaganza returns to North Hempstead Beach Park on Saturday, May 27, with the program beginning at 6:30 p.m.

This year, the Memorial Day Commemoration and Fireworks Extravaganza will feature a fireworks display by Santore Fireworks and musical entertainment from Decadia featuring hit songs from the 80s to today.

The Town is also pleased to once again offer FREE event parking for veterans and active duty military. Parking passes will be available at various facilities throughout the Town with a proof of ID. For more information on how to receive a free parking pass call 516-869-6311.

The event is free, but vehicles will be charged a \$10 parking fee (cash only). When the lot is full free overflow parking will be available with free shuttle bus transportation. No drop-offs or walk-ins allowed. Attendees are urged to leave dogs at home due noise sensitivity; however, service dogs are welcome.

[Learn more](#)

Mortgage Satisfaction Reminder

Town of North Hempstead Receiver of Taxes Charles Berman would like to remind residential property owners that they must notify the Tax Office when satisfying their mortgage.

“It is the responsibility of the property owner to ensure that property information is up to date with the Town’s Tax Office and incorporated village (if applicable). This ensures that the tax bills are sent to the proper location, avoiding late fees and penalties,” said Receiver of Taxes Berman

Changes to your property tax information can be made through the online portal, by printing out a change form and emailing, faxing or mailing to the Tax Office, filling out the reverse side of a tax bill or sending in a letter with the required information.

To learn more click the button below or call 311.

[Learn more](#)



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.



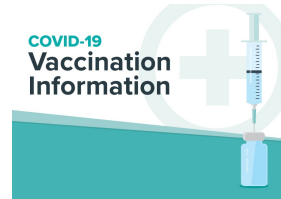
Not In Our Town

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

[Learn more](#)

Senior COVID-19 Vaccination Information

A bivalent COVID-19 booster will help eligible New Yorkers maximize their protection, prolong the vaccine's durability, and safeguard our communities against the COVID-19 virus. The New York State Department of Health (NYSDOH) and the Centers for Disease Control and Prevention (CDC) recommend individuals get vaccinated and stay up to date with all recommended doses.



For more Information about booster shots visit: www.ny.gov/Boosters



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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Veronica Lurvey - David Adhami - Mariann Dalimonte
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