

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

# Project Independence E-News

## Project Independence November 2023 Newsletter



### SMART Van (Senior Mobile Access to Resources & Technology)

Have a technology question? Need Help with Medicare Open Enrollment?  
Come visit the SMART Van!

The Town of North Hempstead's Department of Services for the Aging is proud to partner with the Family and Children's Association (FCA) to bring the Senior Mobile Access to Resources & Technology (SMART) Van to the Town on Tuesday, November 14 from 10 a.m. to 3 p.m. at Clinton G. Martin Park at 1601 Marcus Avenue, New Hyde Park.

The SMART Van is a new and innovative program which was designed to help older adults stay engaged with technology. It has a mobile technology lab which can provide technological training, connections to resources, and informal counseling. Participants will learn how to comfortably use a tablet, connect to wi-fi, send and receive emails, and learn more about how technology can help improve your overall wellbeing. The Family and Children's Association will also have staff on hand to assist with Medicare open enrollment.

No appointments are necessary. For more information, please call 311 or 516-869-6311.

[Click here for more information](#)



### Bridge Class - Wednesday, November 1, 8, 15, 22, 29, 2023

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 basic knowledge who wish to improve their skills.

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 a.m. and the Intermediate Class meets on Wednesdays from 11 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](#)

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## **Project Independence Social Discussion Group - Thursday, November 2, 9, 16, 30, 2023**



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](#)



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## **What Matters to You Men's Community Group - Friday, November 3 and 17, 2023**

Facilitated by Gail Selis, Gerontologist (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](#)

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## **The Project Independence and You Radio Show - Friday, November 3, 10, 17, 24, 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](http://wcwp.org) or download the app.  
Past episodes (audio & video) are available at  
[www.northhempsteadny.gov/PI-Radio-Shows](http://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](http://mynhtv.com/schedule) for up-  
to-date schedules.

### **Upcoming Shows:**

- November 3 - Lawrence Cardano, Au.D. (Doctor of  
Audiology, Hearing Center of LI and Author) to  
discuss Technology and Hearing
- November 10-Repeated Shows
- November 17-Repeated Shows
- November 24- Gregg Porter (Director, Service to  
the Armed Forces and International Services-

American Red Cross) & Lallita Maharaj (Manager)  
to discuss the American Red Cross-Service to the  
Armed Forces-Hero Care Network

[Learn more](#)



## Family & Children's Association's (FCA) Senior Community Assistance Program (SCAP) & Alzheimer's Caregiver Support Program - Wednesday, November 8, 2023

Presented by Jessica Dicarlo, SCAP Program Manager-Family & Children's Association (FCA) Seniors helping seniors! SCAP empowers senior community members to assist each other so that all Long Islanders can live with dignity. Be a paid volunteer with flexible hours or receive assistance! Possible Services available for those in need of assistance-chore services, technology education, friendly visitors, respite, and shopping. The Alzheimer's Caregiver Support Program provides support to caregivers. Caring for someone who has Alzheimer's Disease can be stressful, as well as emotionally and physically challenging. The Alzheimer's Caregiver Support Program supports Alzheimer's Caregivers through outreach, individual and group counseling, education sessions and joint enrichment programs. Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, November 8, 2023 from 10:30 a.m. to 11:30 a.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](#)

## Medicare Part D-Which plan is right for you? - Thursday, November 9, 2023

Facilitated by Danielle Ezzo, PharmD, BCPS Associate Clinical Professor | Clinical Pharmacy Practice  
College of Pharmacy and Health Sciences, St. John's University. Schedule your individual in-person or telephone appointment with a pharmacist to discuss which Medicare Part D plan is best for you.



### **In-Person Appointments**

Thursday, November 9, 2023 from 10 a.m. to 2 p.m. at the Port Washington Adult Activities Center (80 Manorhaven Blvd, Port Washington)

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

**Appointments are 30 minutes. For in-person appointments, please arrive 10 minutes prior to your appointment with a list of all medications (prescription and over the counter) and your Medicare card.**

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

[Learn more](#)



## Golden Hearts Bingo & Blood Pressure Screenings - Thursday, November 9, 16, 30, 2023

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](#)

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## St. Francis FREE Cardiac Screenings - Monday, November 13, 2023, Tuesday, November 21, 2023, and Tuesday, November 28, 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.



Monday, November 13, 2023 from 10 a.m. to 2 p.m. - Port Washington Adult Activities Center - 80 Manorhaven Blvd., Port Washington

Tuesday, November 21, 2023 from 10 a.m. to 2 p.m. - Great Neck Social Center - 80 Grace Ave., Great Neck

Tuesday, November 28, 2023 from 10 a.m. to 2 p.m. - Fuschillo Park - Carle Road at Broadmoor Lane, Carle Place

[Learn more](#)



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## Blankets of Love - Tuesday, November 14, 21, 28, 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. Please call 311 or 869-6311 to register or for more information.

[Learn more](#)

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## Project Independence Joint Advisory Committee Meeting - Wednesday, November 15, 2023

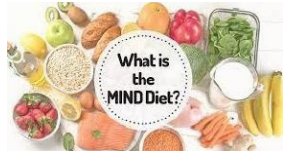
Join a Project Independence Advisory Committee and



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. There will be a presentation from Christina M. Marini, Ph.D. (Assistant Professor, Gordon F. Derner School of Psychology) regarding ReACH Lab at Adelphi University and the RISE Study (learning how veterans cope with stress in their daily lives and how it affects sleep and well being).

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](#)



## **MIND Diet - Wednesday, November 15 2023**

Presented by Cornell Cooperative Extension-Nassau County. Have you heard of The MIND diet? This eating pattern is designed to prevent dementia and loss of brain function as you age. "MIND" stands for "Mediterranean-DASH Intervention for Neurodegenerative Delay." This diet contains foods rich in certain vitamins, carotenoids, and flavonoids that are believed to protect the brain by reducing oxidative stress and inflammation. Join us to learn the benefits and how to incorporate the MIND diet into your life. Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, November 15, 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](#)

## **Fridays at "Yes We Can" - Friday, November 17, 2023**

Come join us for Fridays at the North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury at 9:30 a.m.

Exercise for Balance and Strength  
Presented by NYU Langone Health  
11/17, 12/1, 12/8 & 12/15

The Power of Music on your Health  
Presented by Emerge Nursing and Rehabilitation at Glen Cove  
12/15

What in the World is Going On? & Color Me Calm  
Enjoy this current events discussion group while coloring for relaxation.  
11/17, 12/1 & 12/8

Heart-to-Heart Bingo and Blood Pressure Screenings  
Kelly Steinmann, RN (PI Nurse) & Debra Marks, LMSW (PI Social Worker)  
11/17, 12/1 & 12/15

Brain Games  
Kelly Steinmann, RN (PI Nurse)  
12/8

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 Fall 2023

Project Independence offers various FREE exercise classes including Yoga, Line Dancing, Low Impact Aerobics, Tai-Chi, Zumba Gold, Fitness and more! Register today for a class. Space is extremely 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.

## 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](http://www.mynhtv.com/fitness) to watch the classes online. For a complete schedule of classes visit: [www.mynhtv.com/schedule](http://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.

## Fall 2023 Pioneer Newsletter

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



[Learn more](#)



## Thank You To Our Veterans Celebration - November 3

Join us for the Town's Thank You To Our Veterans Celebration, sponsored by Bethpage Federal Credit Union, on Friday, November 3 from 11 a.m. to 2 p.m. at Clinton G. Martin Park. The event will offer veterans the opportunity to connect with fellow veterans in the local community while enjoying lunch. The event is FREE, will be held outdoors, and is open to veterans from all branches of the military. All attendees must register in advance for the luncheon by calling 311 or 516-869-6311.

[Learn more](#)

**First-Half of the 2023-2024 School Property Tax - Due November 13**

North Hempstead Receiver of Taxes Charles Berman is reminding residents that the last day to pay the 2022-2023 school taxes - first-half bill without a penalty is Monday, November 13, 2023. First-half of the 2023-2024 school tax payments must be postmarked by the U.S. Postal Service on or before Monday, November 13, 2023 to avoid penalty.



For more information, click the link below.

[Learn more](#)



### STOP Event - Sunday, November 19

Join us at the next Stop Throwing Out Pollutants (STOP) event on Sunday, November 19 from 9 a.m. until 3 p.m. at North Hempstead Beach Park's North Lot. For more information on what is accepted and for a complete list of upcoming STOP dates for 2023, please visit the link below.

[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](http://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](#)

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## 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.

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## 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](#)



### 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](http://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 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.

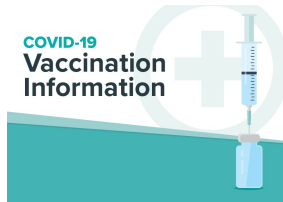
[Learn more](#)

## 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](http://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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Jennifer DeSena  
Supervisor

Robert Troiano, Jr. - Peter J. Zuckerman - Dennis J. Walsh  
Veronica Lurvey - David Adhami - Mariann Dalimonte  
Council Members

Ragini Srivastava  
Town Clerk

Charles Berman  
Receiver of Taxes

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