

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

# Project Independence E-News

Project Independence November 2024 Newsletter



## The Fall Edition of the PIONEER Newsletter is Available Now!

Click the link below to get important information about cardiovascular health, driving safety tips, technology updates, fall prevention, and much, much more!

[Read the Fall 2024 PIONEER Here](#)

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## **Fridays at Yes We Can - Friday, November 1, 15, 22, December 6, 13\*\*, 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.

- 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.
- Kindness Rocks!  
Paint rocks with inspirational messages and leave them for children to find. Gia Montelbano (Services for the Aging/PI) & Kelly Steinmann, RN (PI Nurse)  
11 a.m.
- Let the Games  
Kelly Steinmann, RN (PI Nurse)  
11 a.m.
- Social Hour  
12:15 p.m.

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

\*December 13<sup>th</sup> is the End of the Semester Holiday Gathering

### **REGISTRATION REQUIRED**

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

[Learn more](#)

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# Project Independence Radio Show

## The Project Independence and You Radio Show - Friday, November 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 LIVE 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 2pm daily but check out [mynhtv.com/schedule](http://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

November 1- John F. Kelly, LMSW (Supervisor, Social Work Services Military Liaison Services, Northwell Health) & Patrick McCaffrey (Veteran Service Officer) to discuss Northwell Health Military Liaison Services

November 8- Regina Anderson, (Program Coordinator for Alzheimer's Caregiver Program, Family and Children's Association) to discuss Family and Children's Association Alzheimer's Caregiver Support Program

November 15- Bea Franklin aka BusyBea (Nassau County Resident and Centenarian) to discuss Words of Wisdom from a Centenarian

November 22- Caitlin Roeder, LCSW (Program Director, Central Nassau Guidance and Counseling Services) & Kyle St. John (Veteran Outreach Specialist) to discuss Central Nassau Guidance and Counseling Services & Veterans Services

November 29-Repeated Shows (11/1 & 11/15 Shows)

[Learn more](#)

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## What Matters to You Men's Community Group - Friday, November 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](#)



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## Save the Plate: Learn the Diabetes Plate Method - Wednesday, November 6, 2024

Presented by Cornell Cooperative Extension-Nassau County. Come join us to learn all about the Diabetes Plate method. The Diabetes Plate is the easiest way to create healthy meals that can help manage blood sugar. Using this method, you can create perfectly portioned meals with a healthy balance of vegetables, protein, and carbohydrates—

without any counting, calculating, weighing, or measuring. All you need is a plate! Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, November 6, 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](#)

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## **Bridge Class - November 6, 13, 20, 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](#)

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## Memory Poetry Workshops - Wednesday, November 6, 2024 and Friday, December 6, 2024

In collaboration with The Story Round. Facilitated by The Story Round -Jennifer Albertson & Eva Shtein (Founders & Facilitators). This interactive workshop helps you tap into the richness of your past to craft meaningful works of poetry. Explore the power of storytelling, Unlock your inner writer, Discover the joy of self-expression, Connect with your peers and have some fun with poetry!

Wednesday, November 6, 2024  
10 a.m.-11:30 a.m.  
Clinton G. Martin Park (1601 Marcus Avenue, New Hyde Park)

Friday, December 6, 2024  
12 p.m.-1:30 p.m.  
Port Washington Adult Activities Center (80 Manorhaven Blvd, Port Washington)

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

**SPACE IS LIMITED. REGISTRATION REQUIRED**

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

[Learn more](#)

## Memory Poetry Workshops



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## PI & You



## PI & You - Thursday, November 7, 2024

Presented by Kelly Steinmann, RN (Northwell/PI Nurse). 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 on Thursday, November 7, 2024 from 11 a.m. to 12 p.m. at the Port Washington Adult Activities Center, 80 Manorhaven Blvd, Port Washington. 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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## Golden Hearts Bingo & Blood Pressure Screenings - Thursday, November 7, 14, 21, 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](#)



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## Blankets of Love - Tuesday, November 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](#)



## The Importance of a Vial of Life & Health Care Proxy - Wednesday, November 13, 2024

Presented by Kelly Steinmann, RN & Maria Liotta, RN (PI/Northwell Health Nurses). A Vial of Life and a health care proxy are important because they ensure that emergency responders and medical professionals have access to critical medical information about you, especially when you are unable to communicate your health details yourself. Come and learn what's included and why everyone should have these! Please join us on Wednesday, November 13, 2024 from 10-11 a.m. at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park.

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

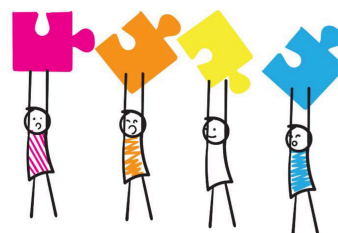
Please call 311 or 869-6311 to register or for more information.

[Learn more](#)

## Puzzle Time - Wednesday, November 13 and December 4, 2024

Facilitated by Debra Marks, LMSW (PI Social Worker) and Kelly Steinmann, R.N. (PI Nurse). Jigsaw puzzles are a timeless form of entertainment for people of all ages. Puzzles improve brains, help people relax, are a good opportunity for social interaction, and are just good fun! Please join us at The Homestead (Community Room), 252 Grand Street, Westbury on Wednesday, November 13 and December 4, 2024 from 2-3 p.m.

## Puzzle Time





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 14 and 21, 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](#)

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**SMART Van (Family and Children's Association (FCA) Senior Mobile Access to Resources & Technology) - Thursday, November 14, 2024**

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



The van will be available on Thursday, November 14, 2024 at Port Washington Adult Activities Center (80 Manorhaven

Blvd, Port Washington) from 10 a.m.-2 p.m.

**NO APPOINTMENTS REQUIRED.**  
**North Hempstead Project**  
**Independence invites all Town**  
**residents 60 and over.**

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

[Learn more](#)

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### **Project Independence Joint Advisory Committee Meeting - Wednesday, November 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. The next meeting will be both in person and virtual on Wednesday, November 20, 2024 at Clinton G. Martin Park at 10 a.m. Maria Alvarez (Executive Director, New York StateWide Senior Action Council, Inc.) to present on the NYS StateWide Senior Action Council and NY Senior Medicare Patrol: Medicare Fraud Prevention. If you are interested in participating, please call 311 or 516-869-6311 to register or receive a Zoom link.



[Learn More](#)

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### **Medicare Part D - Which Plan is right for you? - Tuesday, November 12, 2024**

Schedule your individual in-person or telephone appointment with a pharmacist to discuss which Medicare Part D plan is



best for you. Facilitated by Danielle Ezzo, PharmD, BCPS (Northwell Health/St. John's University) In-Person & Phone Appointments-Tuesday, November 12, 2024 from 10 a.m.-2 p.m. at Great Neck Social Center

## REGISTRATION REQUIRED

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 516-869-6311 to schedule an appointment or for more information.**

[Learn more](#)

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## St. Francis FREE Cardiac Screenings - Monday, December 2, Wednesday, December 11, Thursday, December 19, 2024

In partnership with Catholic Health St. Francis Hospital & Heart Center. The FREE screenings include a brief cardiac history, blood pressure, simple blood test for Cholesterol, and Diabetes screenings with appropriate patient education and referrals as needed for clients above the age of 18. Dates and times are subject to change, please call 311 or 869-6311 before going to a location. NO APPOINTMENTS REQUIRED.

Monday, December 2, 2024 from 10 a.m. to 2 p.m. at the Port Washington Adult Activities Center - 80 Manorhaven Boulevard, Port Washington

Wednesday, December 11, 2024 from 10 a.m. to 2 p.m. at Magnolia Gardens - 899 Broadway, Westbury



Thursday, December 19, 2024 from 10 a.m. to 2 p.m. at Manhasset Valley Residence - 155 East Shore Road, Manhasset

[Learn more](#)

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## Diabetes: What you Need to Know - Tuesday, December 3, 10, 17, 2024

Presented by Danielle C. Ezzo, PharmD, BCPS Associate Clinical Professor | Clinical Health Professions College of Pharmacy and Health Sciences-St. John's University, Clinical Coordinator of Ambulatory Care, Northwell Health | Medicine Specialties at Glen Oaks. Would you like to have more information on how to care for and manage your Diabetes, or a loved one who has Diabetes? Join us for a 3-session educational program that can change the way you live with Diabetes. **Please join us on Tuesday, December 3, 10 and 17, 2024 from 11:30 a.m.-1:30 p.m. at Port Washington Public Library, 1 Library Dr, Port Washington, NY 11050.**



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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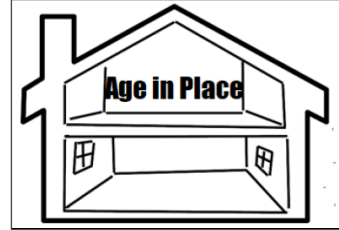
## Tips for Successful Aging in Place - Wednesday, December 4, 2024

Presented by Gail Portee, Community Ambassador, Family & Children's Association Alzheimer's Caregiver Support Program. Aging in place is the practice of staying in your own home, as you grow older. There are plenty of tips that can help you stay safe, healthy, and happy in your own home by staying proactive. You can enjoy a happy and healthy life in your own home well into your golden years. **Please join us on Wednesday, December 4, 2024 from 9:30 a.m. to 11 a.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](#)

## Tips for Successful Aging in Place



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## Brain Games - Tuesday, January 7, 2025

Presented by Andrea Taylor, LMSW (EAC/PI Social Worker) and JoAnne Tricarico, RN (Northwell/PI 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. Please join us on Tuesday, January 7, 2025 from 11 a.m.-12 p.m. at Mineola Memorial Library, 195 Marcellus Rd, Mineola, NY 11501.

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

## Brain Games



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

[Learn more](#)

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## Receiver of Taxes Mary Jo Collins Property Tax Exemption Workshops

There are a number of tax exemptions available to residents, but the process can feel quite daunting. No need to worry! As your Receiver of Taxes, I'm here to help. Stop by one of my upcoming seminars to gain valuable insight about STAR (Basic and Enhanced), Senior Citizens, Veterans, and other exemptions that can lower your property taxes.



November 21 from 1 p.m. to 2 p.m. at the Great Neck Library

[Property Tax Exemption Information](#)

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## Town Clerk Corner

Domestic Partnership - Residents of the Town of North Hempstead who are in a committed, interpersonal, financially interdependent relationship, sharing a household and intending to remain the other's sole domestic partner, may apply for a Domestic Partnership affidavit with the office of Town Clerk, Ragini Srivastava. Domestic partnerships require two consenting adults who live within the Town of North Hempstead, or at least one who works within the boundaries, unrelated by blood and not married or

in a partnership with any other individual.

Please call 311 or 516-869-6311 and ask for the Clerk's office for further assistance with requirements.

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## Autumn Treat - Thursday, November 7, 2024

North Hempstead Town Supervisor Jennifer DeSena and the Town Board are pleased to announce the return of the annual fall favorite event, Autumn Treat, on Thursday, November 7 at 7 p.m. at the Clubhouse at Harbor Links in Port Washington.

The event will feature musical entertainment by Face to Face, the ultimate Billy Joel and Elton John experience. Additionally, there will be an assortment of delicious hors d'oeuvres, fall treats, and desserts. All attendees will be able to enjoy a large array of cookies, cakes, ice cream, coffees, teas, cider, and other delightful delicacies that are sure to satisfy any sweet tooth. A cash bar will also be available.

Tickets are \$30 per person. Please make checks payable to Harbor Links and mail to: Autumn Treat (Tully Park), 1801 Evergreen Avenue, New Hyde Park, NY 11040. Residents are asked to include their name, number of tickets requested, and contact information on their check.

Harbor Links is located at 1 Fairway Drive in Port Washington. For more information on this event, please call (516)-739-3018.



North Hempstead Town Supervisor Jennifer DeSena and the Town Board Present:

# AUTUMN TREAT

Savor the Season in Style

Thursday, November 7, 2024 at 7 p.m.  
Clubhouse at Harbor Links  
1 Fairway Drive, Port Washington

Enjoy musical entertainment from Face to Face – the ultimate Billy Joel & Elton John Experience, along with an assortment of passed hors d'oeuvres, desserts, coffee & tea, and a cash bar.

Tickets are \$30 per person \* Arrive & check-in at 6:30 p.m. \* Band performs at 7:15 p.m.

Please make checks payable to Harbor Links and mail to:  
Autumn Treat (Tully Park), 1801 Evergreen Avenue, New Hyde Park, NY (11040).  
Please include the number of tickets requested and your contact information on the check.

Any questions call: 516-739-3018.



## Thank You to our Veterans Celebration - Friday, November 8, 2024

North Hempstead is proud to our annual Thank You to Our Veterans Celebration on Friday, November 8 from 11 a.m. to 2 p.m. at Clinton G. Martin Park. The event, sponsored in part by Bethpage Federal Credit Union, will offer veterans the opportunity to connect with fellow veterans in the local community while enjoying a barbecue-style lunch.

The event is FREE, will be held outdoors, and is open to veterans from all branches of the military. There will be live music, entertainment, and prize giveaways. All attendees must register in advance for the luncheon by calling 311 or (516) 869-6311.

The Town of North Hempstead maintains an office to help connect local veterans to the public services and benefits they are entitled to.



Supervisor Jennifer DeSena and the North Hempstead Town Board cordially invite you to our:

# THANK YOU TO OUR VETERANS Celebration

**Friday**  
November 8, 2024  
11:00 a.m. – 2:00 p.m.

Clinton G. Martin Park  
1601 Marcus Ave. New Hyde Park  
(Event is held outdoors in a tent)

North Hempstead Veterans from all branches of the military are invited to attend this free luncheon sponsored in part by

**Bethpage**  
Federal Credit Union

**Please call 311 (516-869-6311) to RSVP**



## Save the Dates! Manhasset Christmas Tree Lighting and the "Yes We Can" Center's Holiday Season Celebration

Celebrate the magic of the Holiday Season and the joys of neighborhood camaraderie at North Hempstead's Annual Christmas Tree Lighting on Friday, December 6 at Mary Jane Davies Green in Manhasset. Festivities begin at 4 p.m. Be sure to stick around for a visit from Santa!

The Holiday Season reminds us to fill the world with compassion, to make it a kinder, gentler, brighter place for everyone who touches our lives. There's no greater symbol for that sentiment in the Town of North Hempstead than our "Yes We Can" Community Center. Swing by on Friday, December 13 at 5:30 p.m. and celebrate the warmth of the holidays



## 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 Supervisor Jennifer DeSena and the Town Board proudly present E-Waste Drop Off Events

**E-WASTE WILL NO LONGER BE ACCEPTED AT THE SUNDAY RESIDENT DROP OFF. Instead e-waste may be disposed of at the following 2024 Town events:**

<b>SATURDAY, FEBRUARY 24, 8 A.M. TO 12 P.M.</b> 802 West Shore Road, Port Washington	<b>SATURDAY, JULY 20, 8 A.M. TO 12 P.M.</b> 802 West Shore Road, Port Washington
<b>SATURDAY, MARCH 9, 9 A.M. TO 3 P.M.</b> North Hempstead Beach Park (North Lot) (Part of the Town's S.T.O.P. program)*	<b>SATURDAY, AUGUST 24, 8 A.M. TO 12 P.M.</b> 802 West Shore Road, Port Washington
<b>SATURDAY, APRIL 20, 8 A.M. TO 12 P.M.</b> 802 West Shore Road, Port Washington	<b>SATURDAY, SEPTEMBER 28, 9 A.M. TO 3 P.M.</b> North Hempstead Beach Park (North Lot) (Part of the Town's S.T.O.P. program)*
<b>SATURDAY, MAY 18, 8 A.M. TO 12 P.M.</b> 802 West Shore Road, Port Washington	<b>SUNDAY, OCTOBER 13, 9 A.M. TO 3 P.M.</b> North Hempstead Beach Park (North Lot) (Part of the Town's S.T.O.P. program)*
<b>SATURDAY, JUNE 29, 9 A.M. TO 3 P.M.</b> Westbury High School (Part of the Town's S.T.O.P. program)*	<b>SATURDAY, NOVEMBER 16, 8 A.M. TO 12 P.M.</b> 802 West Shore Road, Port Washington
	<b>SATURDAY, DECEMBER 7, 8 A.M. TO 12 P.M.</b> 802 West Shore Road, Port Washington

\*An asterisk indicates that this event will also include on-site document shredding services.

**The Town will be hosting electronic waste (e-waste) drop-off events for residents in North Hempstead in lieu of accepting e-waste at Sunday Residential Drop-off.**

**The program is free of charge and open to Town residents only.**

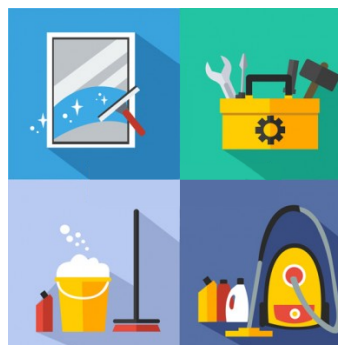
**For more information, please visit our website at: [www.northhempsteadny.gov/residentdropoff](http://www.northhempsteadny.gov/residentdropoff) or Call 311**

## 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 (1<sup>st</sup> floor), light yard work (minimal services), floor care (mopping or sweeping), moving heavy items, window cleaning (1<sup>st</sup> 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](#)

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## 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](#)



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## 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.

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## 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.

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## 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](http://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/>