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

Project Independence E-News

Project Independence October 2023 Newsletter



Medicare Open Enrollment 2024

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. For more information visit https://www.cms.gov/priorities/key-initiatives/medicare-open-enrollment-partner-resources or call 311 or 516-869-6311 to register for a Project Independence Medicare Part D program.

Click here for more information



Blankets of Love - Tuesday, October 3, 10, 17, 24, & 31, 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

Bridge Class - Wednesday, October 4, 11, 18 & 25, 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



Golden Hearts Bingo & Blood Pressure Screenings - Thursday, October 5, 12, 19 & 26, 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, October 6, 13, 20 & 27, 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





Fridays at "Yes We Can" - Fridays, October 6, 13, 27, 2023

Come join us for Fridays at the North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury starting on Friday, September 29 starting at 9:30 a.m.

Exercise for Balance and Strength

Presented by NYU Langone Health 10/6, 10/13, 10/27, 11/3, 11/17, 12/1, 12/8 & 12/15

The Power of Music on your Health Presented by Emerge Nursing and Rehabilitation at Glen Cove 10/27 & 12/15

What in the World is Going On? & Color Me Calm Enjoy this current events discussion group while coloring for relaxation. 10/6, 10/13, 10/27, 11/3, 11/17, 12/1 & 12/8

Heart-to-Heart Bingo and Blood Pressure Screenings Kelly Steinmann, RN (Pl Nurse) 10/6, 11/3, 11/17, 12/1 & 12/15

Brain Games Kelly Steinmann, RN (PI Nurse) 10/13 & 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

The Project Independence and You Radio Show - Friday, October 6, 13, 20 & 27, 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/Pl-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:

- October 6 Repeated Shows
- October 13 Shannon Prasad (Director of Operations, RegionCare Nursing Agency, Northwell Health At Home) to discuss Northwell Health At Home
- October 20 Barry Klitsberg (Assistant Program Coordinator-Nassau County HIICAP Program) to discuss Medicare 2024 Updates & Open Enrollment
- October 27 Michele Bontempi
 (Associate Program Manager CLEAResult
 National Grid) to discuss National Grid's
 Home Energy Affordability Team
 (HEATSM) Programs & Services





Meeting - Wednesday, October 11, 2023

The Project Independence team is committed to researching and cataloguing programs and services available across the Town, County, and State. This includes our established partnerships with many providers of these programs and services, who enable seamless referrals which can be made when needs cannot be met by the Town alone. Join us at October's Project Independence Advisory Committee and Community Partners meeting to learn about services and programs available to Town of North Hempstead residents.

Please join us on Wednesday, October 11, 2023 from 9 a.m. to 11 a.m. 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

Project Independence Social Discussion Group -Thursday, October 12, 19 & 26, 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





Fiber/Plant-Based Proteins - Wednesday, October 18, 2023

Presented by Cornell Cooperative Extension-Nassau County. Join us as we discuss the different plant-based foods that are a significant source of protein, fiber, vitamins, minerals and other important nutrients.

Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, October 18, 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

This Life of Mine: Sharing and Creating New Memories Through Journaling - Wednesday, October 18 & 25, 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 Wednesday, October 18, 25 and November 1, 8, 15, 22, 2023 from 2-3 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. Journals will be provided. If you are interested in participating, please call 311 or 516-869-6311 to register.



Learn more



Medicare Part D-Which plan is right for you? - Tuesday, October 24, 2023, Monday, October 30, 2023 & 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 inperson or telephone appointment with a pharmacist to discuss which Medicare Part D plan is best for you.

In-Person Appointments

Tuesday, October $\overline{24}$, 2023 from 10 a.m. to 2 p.m. at the Great Neck Social Center (80 Grace Ave, Great Neck)

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

Telephone Appointments

Monday, October 30, 2023 from 10 a.m.-2 p.m. 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

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



SMART Van (Family and Children's Association(FCA) Senior Mobile Access to Resources & Technology) - Tuesday, November 14, 2023

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! Join us on Tuesday, November 14, 2023 from 10 a.m. to 3 p.m. at Clinton G. Martin Park (1601 Marcus Avenue, New Hyde Park, NY 11040) 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

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 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

Hispanic Heritage Month Celebration - Thursday, October 5, 2023

North Hempstead is proud to mark National Hispanic Heritage Month with our annual event. Residents are invited to join us as we honor the culture and contributions of residents from our Hispanic community with food, music, and performances. Join us on Thursday, October 5 at the "Yes We Can" Community Center beginning at 7 p.m. for the celebration. Call 311 for more information.



Learn more



Fall Festival - Saturday, October 7, 2023

Join us for this fun family-friendly event filled with food trucks and musical entertainment. There will be fall-themed activities for the whole family to enjoy. The event will be held at North Hempstead Beach Park on Saturday, October 7 from 12 p.m. to 5 p.m.

Learn more

"Shed the Meds" Event - Saturday, October 7, 2023

The Town's "Shed the Meds" pharmaceutical drop-off event will be held on Saturday, October 7 at 802 West Shore Road, Port Washington from 8 a.m. to 12 p.m.

Accepted items will include: prescriptions, prescription patches, prescription medications, prescription ointments, over-the-counter medications, vitamins, sample medications and medications for pets.

Needles, sharps, aerosol cans, thermometers, ointments (liquid or lotion), hydrogen peroxide, inhalers, biohazardous waste, and medication from businesses will NOT be accepted.

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



Learn more



Autumn Treat - Thursday, October 12, 2023

The Town's annual fall favorite event, Autumn Treat returns on Thursday, October 12 at 6 p.m. at the Clubhouse at Harbor Links in Port Washington. Enjoy musical entertainment from Sir Duke, the ultimate Stevie Wonder tribute band, along with an assortment of delicious fall treats and desserts. Tickets are \$20 per person.

Please make checks payable to Harbor Links and mail to: Autumn Treat (Tully Park), 1801 Evergreen Avenue, New Hyde Park, NY 11040. For more information, please call 311.

Thursday, October 12, 2033

In honor of Italian Heritage Month, the Town will be hosting a celebration on Thursday, October 12 at 7 p.m. at Clinton G. Martin Park. Join us as we honor the culture and contributions of residents from our Italian community with music and performances.





Learn more



Free Flu Shots - Friday, October 13

Council Member Mariann Dalimonte is proud to partner with North Shore University Hospital, Northwell Health for a FREE flu shot clinic. The event will be held at the Port Washington Adult Activities Center, located at 80 Manorhaven Blvd., Port Washington, on Friday, October 13, 2023, from 1 p.m. to 3 p.m.

The clinic is open to individuals over the age of 18. Attendees are not required to make an appointment. Please call 311 or 516-869-6311 for more information.

earn more

Free Rabies Clinic - Saturday, October 14

The Town will be hosting a free rabies vaccination clinic for dogs, cats, and ferrets in conjunction with the Nassau County Department of Health on Saturday, October 14 from 10 a.m. to 12 p.m. at the North Hempstead Animal Shelter (75 Marino Avenue in Port Washington). To reserve a spot, please call 311.

Learn more





Free Catalytic Converter Serial Number Kit Event -Saturday, October 14

Council Members Veronica Lurvey and Peter Zuckerman are proud to host an event to distribute FREE catalytic converter serial number kits to residents on Saturday, October 14 at Clinton G. Martin Park starting at 8 a.m. 100 kits will be provided to the Town by the New York Anti-CarTheft and Insurance Fraud Association.

All kits will be registered to the national catalytic converter database and linked to residents' vehicles. Once residents have obtained a kit, they will need to be taken to a mechanic to have the number etched onto their vehicle's catalytic converter. Attendees must also bring their license and registration to receive a kit.

All kits must be reserved in advance. For more information or to reserve your kit today, please call 311 or 516-869-6311.

Howl-O-Ween - Saturday, October 21

Residents and their dogs are invited to dress up and attend the 'Howl-O-Ween' event on Saturday, October 21 at 11 a.m. at Michael J. Tully Park Dog Park in New Hyde Park.

Enjoy a fun day with music and crafts. It will include a costume contest and prizes given for the best pet costumes and best pet/owner costume duo.

Pet owners are invited to celebrate Halloween with their furry friends. Registration is not required. For more information, please call 311.

l earn more





Spooky Walk - Friday, October 27 and Saturday, October 28 and Not-So-Spooky Walk - Sunday, October 29

The Town is proud to announce the return of the annual Spooky Walk event. Join your friends and neighbors for some frightening nights at one of North Hempstead's most popular events of the year! The event will be held at Clark Botanic Garden in Albertson.

Zombies, vampires, ghouls, and many of their gruesome friends will inhabit Clark Botanic Garden on Friday, October 27, and Saturday, October 28, from 6 p.m. to 9 p.m. The event is expected to draw hundreds of visitors who will experience a spine-tingling walk through the realm of fear and fright. The cost of admission is \$5 per person. Spooky Walk may not be suitable for young children, and minors must be accompanied by an adult.

Younger children can enjoy the Not-So-Spooky Walk on Sunday, October 29, from 12 p.m. to 4 p.m. Not-So-Spooky Walk will also include sport activities, arts & crafts, and more. Not-So-Spooky Walk's price of admission is \$5 per person.

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.

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!

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



Native Plant Residential Rebate Program

Fall is a great time to plant native plants and the Town's Native Plant Residential Rebate Program is still available! Town residents can receive up to a \$350 rebate for purchasing and planting a native plant garden on their property. If you don't know where to start watch the Town's Planting Native for the Planet video below for details on why these plants are so important, choosing the right plants, and how to plant and maintain your garden. Then visit northhempsteadny.gov/np to apply before the deadline of **October 16**!

Learn more

Vendors and Sponsors for Upcoming Events

Are you a business or organization interested in being a vendor or sponsor for an upcoming Town event? Please click on the link below to sign up and for more information: https://bit.ly/TONHVendor





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.

<u>Click Here</u> to learn more about the WCWP Radio app.

<u>Click Here</u> to learn more about turning into to WCWP live.

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

earn 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.





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.





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

Unsubscribe here



© 2023 Town of North Hempstead

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/