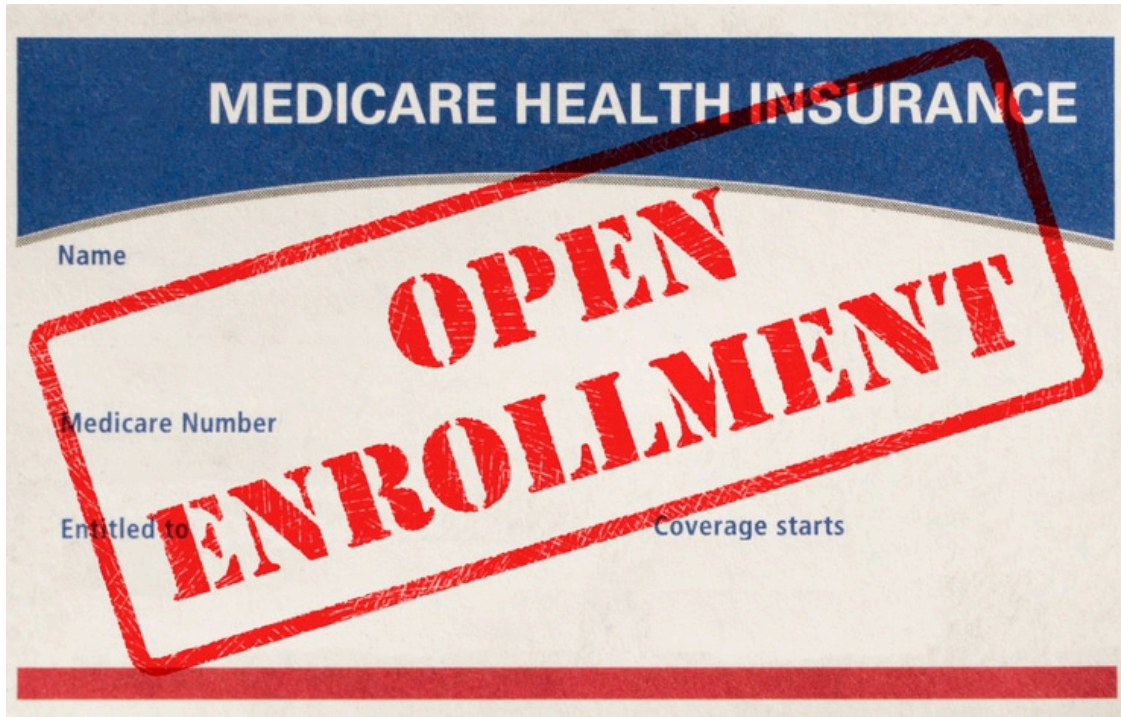


NORTH HEMPSTEAD TOWN SUPERVISOR JENNIFER DeSENA  
AND THE TOWN BOARD ARE PROUD TO PRESENT

# Project Independence E-News

## Project Independence October 2024 Newsletter



## Get Ready for Medicare Open Enrollment Season

Medicare beneficiaries have the opportunity to change their current health plan during the yearly Open Enrollment period (October 15 to December 7). Navigating Medicare and choosing a plan that best meets your needs can be tricky. Our health care needs change over time, so you should carefully consider your foreseeable health care needs each year. A plan that worked for us previously may not be the best choice going forward.

Call 311 or 516-869-6311 for assistance or to register for Project Independence Medicare Assistance programs (SMART VAN & Medicare Part D Program)



## **Blankets of Love - Tuesday, October 1, 8, 15, 22, 29, 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](#)

---

## **Sweet Reads: Finding Sugars in Food Labels**



## **Sweet Reads: Finding Sugars in Food Labels - October 2, 2024**

Presented by Cornell Cooperative Extension-Nassau County. Want to make healthier food choices by unmasking added sugars in foods? Start by learning to spot added sugars on nutrition labels. These sneaky ingredients can hide in unexpected places, from sauces to bread. Join our nutrition educators as we discuss how to look for key ingredients on food products, learn about added sugar recommendations and strategies to reduce and replace added sugars in our lifestyle! Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, October 2, 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.

---

## Bridge Class - Wednesday, October 2, 9, 16, 23, 30, 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.

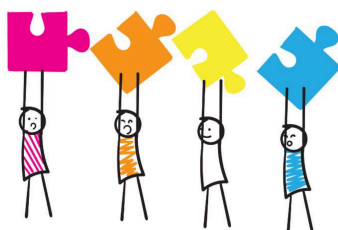
North Hempstead Project Independence invites all Town residents 60 and over.

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

[Learn more](#)

---

## Puzzle Time



## Puzzle Time - Wednesday, October 2, 16, 30, 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, September 18, October 2, 16, 30, November 13 and December 4, 2024 from 2-3 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](#)

---

## **Golden Hearts Bingo & Blood Pressure Screenings - Thursday, October 3, 10, 17, 24, 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](#)

---

**Project Independence Social  
Discussion Group - Thursday,  
October 10, 17, 24, 31, 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](#)



**The Project Independence and You Radio Show - Friday, October 4, 11, 18, 25, 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**

October 4- Dalia Elison (Licensed Associate Real Estate Broker-Douglas Elliman) to discuss Transitioning and Downsizing for Seniors

October 11- Repeated Shows

October 18- Barry Klitsberg (Assistant Program Coordinator-Nassau County HIICAP Program) to discuss Medicare 2025 Updates

October 25- Eva Shtein & Jennifer Albertson (Founder & Facilitator-The Story Round) to discuss The Story Round-Creative Writing Workshops for Seniors

[Learn more](#)



### **Fridays at Yes We Can - October 4, 11, 25, 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 Begin: Boost Your Brainpower & Coordination 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](#)

---



**What Matters to You Men's Community Group - Friday, October 4, 11, 18, 25, 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 Fridays from 10:30 a.m. to 12 p.m. at Hillside Public Library (155 Lakeville Road, New Hyde Park) and via Zoom.

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

[Learn more](#)

---

**Brain Games**



**Brain Games - Thursday, October 10, 2024**

Presented by Kelly Steinmann, 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 Thursday, October 10, 2024 from 11 am. 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](#)

---

## **Project Independence Joint Advisory Committee Meeting - Wednesday, October 16, 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, October 16, 2024 at Clinton G. Martin Park at 10 a.m.

Alejandra Hernandez (Northwell Health Outreach Services Educator-Cancer Services Program) will discuss Common Cancers in Older Adults: Prevention, Symptoms, Management.

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

[Learn more](#)

---



**SMART Van (Family and  
Children's Association (FCA)  
Senior Mobile Access to  
Resources & Technology -  
Wednesday, October 16, 2024 and  
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!

Wednesday, October 16, 2024  
Clinton G. Martin Park (1601 Marcus Avenue, New Hyde Park)

Thursday, November 14, 2024  
Port Washington Adult Activities Center (80 Manorhaven Blvd, Port Washington)

The Van will be available from 10 a.m. to 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](#)

---

**Discovery Walks: Cedarmere  
Estate Tour the House & Walk the  
Gardens - Thursday, October 17,  
2024**



Come tour the rural Long Island home of the prominent nineteenth-century American poet, civic leader and newspaper editor William Cullen Bryant. It was his home from 1843 until his death in 1878. Bryant purchased the farm house as a retreat from the pressures and congestion of New York City, where he could work on his poetry and indulge his love of nature. The gardens include the Boxwood Parterre Garden, designed

by William Cullen Bryant in the 1860's, and the Sunken Garden, laid out by his grandson Harold Godwin, in 1916. An ardent horticulturalist, Bryant purchased and planted many of the property's trees, bushes and plants. Join us on Thursday, October 17, 2024 at 11 a.m. at Cedarmere Estate (225 Bryant Avenue, Roslyn).

**\$10 Donation to Friends of Cedarmere Space is limited REGISTRATION IS REQUIRED.**

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

[Learn more](#)

---

**Medicare Part D - Which plan is right for you? Tuesday October 29, Tuesday, November 12, Wednesday, November 20, 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 Appointments**

Tuesday, October 29, 2024 from 10 a.m.-2 p.m. at Port Washington Adult Activities Center

Tuesday, November 12, 2024 from 10 a.m.-2 p.m. at Great Neck Social Center

### **Telephone Appointments**

Wednesday, November 20, 2024 from 10 a.m.-12 p.m.

**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](#)

---

## 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



## PI & You - Thursday,

**November 7, 2024**

Presented by Kelly Steinmann, RN (Northwell/PI Nurse), MSW (EAC/PI Social Worker). 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 am. 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](#)

## PI & You



---

## 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.

## Tips for Successful Aging in Place



Please call 311 or 869-6311 to

register or for more information.

[Learn more](#)

---

**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](#)

---



## Project Independence Exercise

### Classes Fall 2024

Project Independence offers various FREE exercise classes including Yoga, Line Dancing, Low Impact Aerobics, Tai-Chi, 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.

You can also join North Hempstead's Project Independence exercise classes at home by watching the Town's public access television station, North Hempstead TV. Channel 65 on Cablevision or Channel 46 Verizon FIOS. Classes air Monday through Sunday, 10 a.m., 1 p.m., and 6 p.m.\* You can also visit: [www.mynhtv.com/fitness](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.

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

[Learn more](#)



---

## 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.



October 1 from 1 p.m. to 2 p.m. at the Port Washington Public Library

October 1 from 6:30 p.m. to 7:30 p.m. at Bryant Library

October 8 from 7 p.m. to 8 p.m. at the East Williston Public Library

October 10 from 6 p.m. to 7 p.m. at the Hillside Library

October 23 from 7 p.m. to 8 p.m. at the Port Washington Public Library

October 24 from 1 p.m. to 2 p.m. at the Williston Park Library

October 29 from 7 p.m. to 8 p.m. at the Manhasset Public Library

October 30 from 6 p.m. to 7 p.m. at the Shelter Rock Library

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

Property Tax  
Exemption  
Information

---

## Fall Fest This Weekend!

North Hempstead's annual Fall Family Festival will take place on Saturday, October 5 from 12 p.m. to 5 p.m. at North Hempstead Beach Park.

VHS Cover Band, and the Rusty Spur Band will be playing live music throughout the event. VHS is a 5-piece band consisting of veteran players from bands across the Long Island area. Rusty Spur is a country band that blends both modern country songs with traditional country classics.

The fourth annual event will feature many free, fall-themed activities including a pumpkin patch, a pumpkin maze, arts & crafts, button making,



The Town of North Hempstead presents:

**Fall Family Festival**  
**SATURDAY**  
**OCTOBER 5, 2024**  
**12PM ~ 5PM**  
**North Hempstead Beach Park**  
175 West Shore Road, Port Washington

Live Music featuring Rusty Spur & VHS  
Bouncy Slides Arts & Crafts  
Train Ride Character Meet n Greets Pumpkin Patch  
Craft Fair *New!* Spooky Slime Bar  
*Food and Refreshments will be available for purchase*

Girl Scouts of Nassau County Traveling Trefoil, a spooky slime bar, bouncy slides, a mechanical trackless fire engine, character meet-and-greets, and a Boot Camp obstacle course. Attendees will be able to purchase food and refreshments from local vendors, and all are encouraged to bring their beach chairs to enjoy live musical performances.

## Bring Your Pup to Howl-O-Ween!

North Hempstead Town Supervisor Jennifer DeSena and the Town Board invite residents and their dogs to attend Howl-O-Ween on Sunday, October 27 from 12 p.m. to 3 p.m. at the Michael J. Tully Park Dog Park in New Hyde Park.

Supervisor DeSena noted, “We pride ourselves on being a family friendly town and that means every member of your family, pets included. This celebration is a great way to let them socialize with other dogs and it’s a great way for us to connect with other dog lovers too.”

Howl-O-Ween is a fun-filled afternoon with music, crafts, creative costumes, giveaways, and more. There will be a costume contest for the best pet costume and the best pet/owner duo, with prizes given to the winners. Pet owners are invited to celebrate Halloween with their furry friends. All dogs must be leashed during the event. Registration is not required.

The Town of North Hempstead presents:

# HOWL--WEEN

**Sunday, October 27**  
12 p.m. – 3 p.m.

**Michael J. Tully Dog Park**  
1801 Evergreen Ave, New Hyde Park

A doggie Halloween festival and pet costume contest.  
A FREE family event featuring music, crafts, giveaways and more!  
Prizes for best dog costumes and best human/dog duo costumes.

ALL DOGS MUST BE LEASHED DURING THE EVENT.

FOR MORE INFO, CALL 311 OR (516) 869-6311







Town of North Hempstead Supervisor Jennifer DeSena, the Town Board and the Department of Community Services are proud to present:

# Halloween Senior Monster Bash



**Friday, October 18**  
**11am-2pm**

Fuschillo Park  
Carle Road at Broadmoor Lane, Carle Place

**Friday, October 25**  
**11am-2pm**

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



Please join us for a light lunch, dessert, music, dancing, and games!

Reservations are required.  
Please call 311 or 516-869-6311 to RSVP



## Halloween Senior Monster Bash!

North Hempstead's Community Services Team and Department of Services for the Aging will again host the Town's annual Senior Halloween Dances this October.

Our second dance at Clinton G. Martin Park has already sold out, but there are still spots available for our first dance at Fuschillo Park on Friday, October 18 from 11 a.m. to 2 p.m.

Charles J. Fuschillo Park is located at 345 Carle Rd., in Carle Place. Reservations are required. Please call 311 or (516) 869-6311 to RSVP.

## Fiesta In The Park - Sunday October 6 at 2 p.m. in Port Washington

North Hempstead is proud to partner with the Parent Resource Center, Port Washington Public Library, and Landmark on Main Street for the 3rd Annual "Fiesta in the Park" on Sunday, October 6 from 2:00 to 6:00 p.m. at Blumenfeld Family Park in Port Washington. The event will feature an exciting and colorful afternoon filled with family-friendly fun and a celebration of Hispanic Heritage Month.

**CELEBRATE THE 3RD ANNUAL**

**FIESTA in the PARK**

**SUNDAY, OCTOBER 6, 2024**

2:00-6:00 pm Blumenfeld Park  
Port Washington, NY (across from Library)  
**FREE ADMISSION!**

**Rain Date: Sunday, October 13**

**LIVE MUSIC, PERFORMANCES, ENGAGING ACTIVITIES FOR CHILDREN, DESSERTS AND FOOD TRUCKS!**

#somosportwashington

INSTAGRAM

**THANK YOU TO OUR PARTNERS!**

Parent Resource Center

LANDMARK

PIIPL



North Hempstead Town Supervisor Jennifer DeSena  
and the Town Board, in partnership  
with the John Michael Marino Lodge #1389 and Cellini Lodge #2206  
of the Order Sons and Daughters of Italy in America, present:



## North Hempstead Italian Heritage Month Celebration - Thursday, October 10 at 6:30 p.m. at Clinton G. Martin Park

North Hempstead Town Supervisor Jennifer DeSena and the Town Board, in partnership with the John Michael Marino Lodge #1389 and Cellini Lodge #2206 of the Order Sons and Daughter of Italy in America, are proud to present the second annual Italian American Heritage Month celebration on Thursday, October 10 at 6:30 p.m. The event will be held at Clinton G. Martin Park at 1601 Marcus Avenue in New Hyde Park, and all residents are welcome to attend.

Residents are invited to attend as the Town honors the culture and contributions of residents from our Italian community, and celebrates Italian American Heritage Month with cultural artifacts, delicious cuisine, engaging presentations, and a performance by La Diva della Canzone Cristina Fontanelli.

## North Hempstead's E-Waste Recycling Program & Next S.T.O.P. Date

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.

Additionally, North Hempstead's next Stop Throwing Out Pollutants event will take place on **October 13, 2024.**

[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.

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

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.

**Spooky Walk and Not So Spooky Walk - October 25 through October 27**

North Hempstead Town Supervisor Jennifer DeSena and the Town Board are proud to announce the return of Spooky Walk, which will take place on Friday, October 25 from 5 p.m. to 9 p.m., and Saturday, October 26 from 6 p.m. to 9 p.m. at Clark Botanic Garden (193 I.U. Willets Road, Albertson). Join your family, friends, and neighbors for some frightening nights at one of North Hempstead's most popular events of the year!

Zombies, vampires, ghouls, and many of their gruesome friends will inhabit the garden for an event that is expected to draw thousands of visitors from throughout North Hempstead and across Long Island. The cost of admission is \$5 per person – CASH ONLY.

Music will be performed on site by DJ Chris Howard, and food will be available for purchase – Monarch Foods on Friday, October 25 and Dom's Chicken Finger Truck on Saturday, October 26.

Spooky Walk may not be suitable for young children, and minors must be accompanied by an adult.

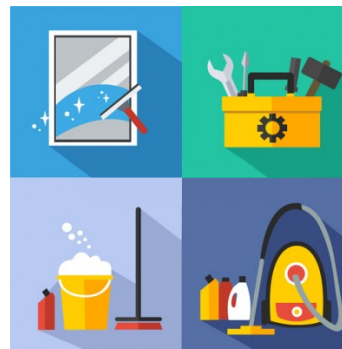
Younger children can enjoy the Not So Spooky Walk on Sunday, October 27 from 12 p.m. to 4 p.m. Not-So-Spooky Walk will include face painting, balloon animals, arts & crafts, and more. Not-So-Spooky Walk's price of admission is \$5 per person.

Only cash will be accepted for admittance to both Spooky Walk and Not So Spooky Walk.



## 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](#)

## 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.





## PI Social Worker & Nurse Updates

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

## PI Transportation Program

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



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

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

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

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

[Learn more](#)



## Circle of Support

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

weaknesses in your Circle of Support.

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

[Learn more](#)

---

## Zoom Training Available for PI

### Members

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



### Vial of Life

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

---

## Neighbors Helping Neighbors: Telephone Reassurance Program

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

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



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

[Learn more](#)



## Mobile App for WCWP-88.1

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

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

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

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

Past episodes are also available at: [www.northhempsteadny.gov/PI-Radio-Shows](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](#)

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

[Unsubscribe here](#)

© 2024 Town of North Hempstead

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/>