

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

Project Independence E-News

Project Independence September 2023 Newsletter



September is National Fall Prevention Awareness Month

Every year in September, National Fall Prevention Awareness Month takes place. The purpose of fall prevention awareness is for organizations to share education on effective strategies for increasing mobility and strength, while also offering practical solutions for safety. For more information on how to prevent falls, click on the button below.

[Click here for more information](#)

The Project Independence and You Radio Show - Friday, September 1, 8, 15, 22 & 29, 2023



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

Listen to the show on Fridays from 10 a.m. to 12 p.m. on WCWP 88.1 FM or wcwp.org or download the app. Past episodes (audio & video) are available at www.northhempsteadny.gov/PI-Radio-Shows, on the WCWP YouTube page and on North Hempstead TV (NHTV). Watch NHTV on Cablevision Channel 18 or 65 or Verizon FIOS Channel 46. The show usually airs at 2pm daily but check out mynhtv.com/schedule for up-to-date schedules.

Upcoming Shows:

- September 1- Repeated Shows
- September 8- Repeated Shows
- September 15- Danielle Ezzo, PharmD (Associate Clinical Professor at St. John's College of Pharmacy and Allied Health)

Services) to discuss Medication Management

- September 22-Project Independence and You Radio Show 12th Anniversary Celebration featuring Supervisor Jennifer DeSena
- September 29- Lisa Schwerdt (Executive Director, Crohn's and Colitis, Long Island Chapter) to discuss Crohn's and Colitis, Long Island Chapter

[Learn more](#)



Project Independence Social Discussion Group - Thursday, September 7, 14, 21 & 28, 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 10:30 a.m.-11:30 a.m.

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

[Learn more](#)

St. Francis FREE Cardiac Screenings - Friday, September 8 & 22, 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.

Friday, September 8, 2023 from 10 a.m. to 2 p.m. - North Hempstead "Yes We Can" Community Center - 141 Garden Street, Westbury

Friday, September 22, 2023 from 10 a.m. to 2 p.m. - Clinton G. Martin Park - 1601 Marcus Ave., New Hyde Park

[Learn more](#)



Blankets of Love - Tuesday, September 12, 19 & 26, 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](#)

Project Independence Joint Advisory Committee Meeting - Wednesday, September 13, 2023



Join a Project Independence Advisory Committee and Make a Difference! Come and discuss the needs of Town residents 60 and over, offer suggestions for new programs, learn about services available in the community and make new friends. Mariel Hunerberg (Director of Speech Therapy, Metro Occupational and Physical Therapy) to present on September is National Fall Prevention Awareness Month. The meeting will be held at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park at 10 a.m. or via Zoom.

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

[Learn more](#)



Bridge Class - Wednesday, September 20 & 27, 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.

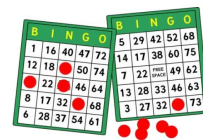
Beginner Class- Players with basic knowledge who wish to improve their skills.

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 12 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, September 21 & 28, 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, September 22 & 29, 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](#)

Farm to Table Nutrition - Wednesday, September 27, 2023

Presented by Cornell Cooperative Extension-Nassau County. Is fresh and local produce truly better? Eating fruits and vegetables helps to maintain a healthy lifestyle and reduce the risk of chronic diseases. 9 in 10 Americans currently do not eat the recommended "5 servings a day" of fruits and vegetables. Participants in our Farm to Table discussion will identify the importance of fruit and vegetable intake, the benefits of the farm to table model, and learn different ways of incorporating fresh produce into their lifestyles.



Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, September 27, 2023 from 11 a.m. to 12 p.m. North Hempstead Project Independence invites all Town residents 60 and over. Please call 311 or 516-869-6311 to register or for more information.

[Learn more](#)



Fridays at "Yes We Can" - Friday, September 29

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
9/29, 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
9/29, 10/27 & 12/15

What in the World is Going On? & Color Me Calm
Enjoy this current events discussion group while coloring for relaxation.
9/29, 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 (PI Nurse) & Jina Etienne, MSW (PI Social Worker)
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

This Life of Mine: Sharing and Creating New Memories Through Journaling - Wednesday, October 4, 11, 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 4, 11, 18, 25 and November 1, 8, 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



Project Independence TV Exercise Classes Schedule

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

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

North Hempstead Project Independence invites all Town residents 60 and over. If you are interested in participating or have any questions, please call 311 or 516-869-6311.

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.



Upcoming Fall Programs & Events



North Hempstead has a great slate of events planned for the Fall. Click on the link below to learn about all the upcoming events.

[Learn more](#)

September 11 Memorial Service - Monday, September 11

On Monday, September 11th, 2023, the Town of North Hempstead will host a 9/11 Memorial Service at 8:15 a.m. at Manhasset Valley Park, located on East Shore Road and Northern Blvd, Manhasset. All are welcomed to the ceremony. The Town will be honoring the victims, their families, and our first responders by a monument that features a 19-foot-long beam from the World Trade Center.



Car Free Day Long Island - Friday, September 22

The 11th Annual Car Free Day Long Island will take place on Friday, September 22, 2023. The Town's participation in the day-long global initiative is part of the Town's effort to go green and to reduce its carbon footprint. To participate in this event, all you have to do is pledge to be car free or car-light on September 22, 2023 by filling out the pledge form on www.CarFreeDayLI.com. Those who take the pledge will automatically be entered for a chance to win great prizes.

[Learn more](#)

STOP Event - Saturday, September 30

Join us at the next Stop Throwing Out Pollutants (STOP) event on Sunday, September 30 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](#)



Fall Festival - Saturday, September 30

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, September 30 from 12 p.m. to 5 p.m.

[Learn more](#)

EAC Respite Program

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



[Learn more](#)



PI Social Worker & Nurse Updates

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

PI Transportation Program

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



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

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

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

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

[Learn more](#)



Circle of Support

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

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

[Learn more](#)

Vial of Life

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

Are you looking to beautify your property and help the environment? In partnership with the Nassau County Soil and Water Conservation District (NCSWCD), the Town is offering residents up to \$350 to install native plants in their home landscape. Native plants provide resources for pollinators and other wildlife, absorb air and water pollution, have low maintenance requirements and look beautiful!

[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>

[Learn more](#)





Mobile App for WCWP-88.1

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

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

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

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

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

[Learn more](#)

Veterans Caseworker

The PI Veterans caseworker is available to provide services to Town veterans. Services include emotional support/counseling and concrete services available.



The PI Veterans caseworker has worked to ensure veterans are aware of hotlines if needed, and that they should continue to call the 311 Call Center to speak to a veteran's caseworker if they need any services. The PI Veterans caseworkers are introduced to local veterans through phone introductions in order to decrease feelings of isolation, to increase contact and to be mutually supportive.



Mortgage Satisfaction Reminder

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

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

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

To learn more click the button below or call 311.

[Learn more](#)

Not In Our Town

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



[Learn more](#)



Senior COVID-19 Vaccination Information

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

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

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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