

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

Project Independence E-News

Project Independence September 2024
Newsletter



SEPTEMBER IS

NATIONAL PREPAREDNESS MONTH



September is National Preparedness Month. **GET PREPARED TODAY** in three **SIMPLE** and straightforward **STEPS!**

[Learn More](#)

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 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 2pm daily but check out mynhtv.com/schedule for up-to-date schedules.

Upcoming Shows

September 6- Dr. Maria Torroella Carney, MD, MACP & Kaitlin Emmert, LMSW, CMC to discuss **Northwell Health's 24/7 Support for Caregivers for Dementia Patients & the Book- The Aging Revolution**

September 13- Repeated Shows

September 20- Supervisor Jennifer DeSena & the Project Independence and You Radio Show 13th Anniversary Celebration

September 27- Dr. Gregg Landis (System Chief for Vascular Surgery at North Shore University Hospital) to discuss the **Importance of Vascular Health**

[Learn more](#)

St. Francis FREE Cardiac Screenings - Friday, September 6 & Tuesday, September 10, 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.

Friday, September 6, 2024 from 10 a.m. to 2 p.m. at the "Yes We Can" Community Center, 141 Garden Street, Westbury

Tuesday, September 10, 2024 from 10 a.m. to 2 p.m. at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park

[Learn more](#)



Blankets of Love - Tuesday, September 10, 17, 24, 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](#)

Golden Hearts Bingo & Blood Pressure Screenings - Thursday, September 12, 19, 26, 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](#)



What Matters to You Men's Community Group - Friday, September 13, 20, 27, 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](#)

Project Independence Joint Advisory Committee Meeting - Wednesday, September 18, 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, September 18, 2024 at Clinton G. Martin Park at 10

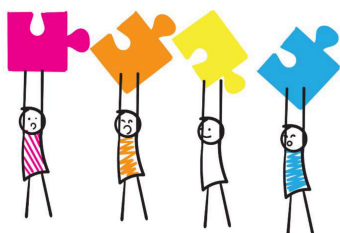


a.m. Dr. Brian Mayrsohn (Comprehensive Pain Management Physician, Maywell Health) will discuss Comprehensive Pain Management: Live your healthiest, most pain free life.

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

[Learn more](#)

Puzzle Time



**Puzzle Time - Wednesday,
September 18, 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](#)

Project Independence Social Discussion Group - Thursday, September 19 & 26, 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](#)



Fridays at Yes We Can -

September 20, 27, 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 13th 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](#)

Watch Your Step Fall Prevention Program - Wednesday, September 25, October 2, 9, 23, 30, 2024

Presented by Project Independence Nurses (Northwell Health). Join this 5 session program and learn ways to decrease your risks of falling, simple exercises to increase strength and balance, the importance of medications for bone health, and community and home safety. Please join us at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park on Wednesday, September 25, October 2, 9, 23, 30, 2024 from 9:30 a.m.-11 a.m.



REGISTRATION REQUIRED

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

[Learn more](#)

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](#)

Brain Games



Brain Games - Thursday, October 10, 2024

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

**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](#)

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

Memory Poetry Workshops

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](#)

PI & You - Thursday,

November 7, 2024

Presented by Kelly Steinmann, RN (Northwell/PI Nurse) and Alexa Charyn, 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



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 to watch the classes online.

For a complete schedule of classes visit: 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](#)





Town Clerk Ragini Srivastava's Office Fact

Town Clerk Ragini Srivastava is a designated marriage officer and is happy to be part of your special day! The Town Clerk's Vital Records office issue marriage licenses, and the Town Clerk Ragini, and Deputies officiate weddings at 200 Plandome Road, including offering our beautiful town gazebo across from the office (weather permitting) for lovely photos of the milestone event. Please call 311 or 516-869-6311 or visit us at www.northhempsteadny.gov for further assistance.

Please note: there is a 24-hour waiting period after issuance of marriage license before a wedding ceremony can be performed.

Tax Tips from Receiver of Taxes Mary Jo Collins

Avoid late payment penalties- two ways to ensure you don't miss the deadline for paying your taxes

1. Sign up for our Tax office email reminders- In addition to receiving a reminder card in the mail, you will receive an email from our office regarding upcoming deadline for tax payments for both General and School Taxes
2. Arrange for a third-party designee to receive a copy of your tax bills- These forms are available in our office and will be on our Town of North Hempstead website soon.

For assistance with these two services or other tax related questions you can email us at tax@northhempsteadny.gov or call Tax Office: (516) 869-7800.

Click the link below to learn more about my upcoming Property Tax



Property Tax
Exemption
Information



September 11 Commemoration at Manhasset Valley Park

On Wednesday, September 11th, 2024, the Town of North Hempstead will host a Memorial Service commemorating the victims of the September 11th, 2001 terror attacks at 8:15 a.m. at Manhasset Valley Park, located on East Shore Road and Northern Blvd. All are welcome to the ceremony.

Town of North Hempstead presents:

HISPANIC HERITAGE MONTH
Celebration
Driving Prosperity, Power, and Progress in America

Wednesday, September 18
Program will begin at **6:00 p.m.**
"Yes We Can" Community Center
141 Garden Street, Westbury

We will celebrate the contributions of Hispanic Americans to North Hempstead and surrounding communities.

FOOD AND REFRESHMENTS WILL BE SERVED

For more info, call 311 or (516) 869-6311

Supervisor Robert DeGaris	Council Member Robert Thomas, Jr.	Council Member Edward Scott	Council Member Charles Walsh	Council Member Christine Liu	Council Member David A. Johnson	Council Member David A. Blanton	Council Member David A. Blanton	Council Member David A. Blanton	Council Member David A. Blanton

North Hempstead Hispanic Heritage Month Celebration - Wednesday, September 18 at 6 p.m.

Join us as we celebrate the contributions of Hispanic Americans to North Hempstead and surrounding communities. 6 p.m. at the "Yes We Can" Community Center, 141 Garden Street, Westbury.

Rain Barrels and Composters on Sale Now!

North Hempstead Town Supervisor Jennifer DeSena and the Town Board are pleased to announce the return of rain barrel and composter sales this September. This is the first time the Town of North Hempstead will sell rain barrels and composters during the fall season, which is an excellent time of year for composting.



Residents can purchase their rain barrel and/or composter online at www.northhempstead.compostersale.com and then pick up their purchase at Clark Botanic Garden (193 IU Willets Road, Albertson).

Residents must bring a driver's license or proof of residency when picking up purchases and inform the lot attendant that they are picking up said purchases to avoid any parking fees.

Pickup will be held on the following dates at Clark Botanic Garden, 193 IU Willets Road, Albertson:

- Friday, September 13 from 10 am to 3 pm
- Sunday, September 15 from 10 am to 12 pm
-

For more information, please phone the Town's Call Center at 311 or (516)-869-6311.

Farmer's Market at Clinton G. Martin Park

Our partnership with the Long Island Growers Market has begun! Together, we will be hosting a farmers market at Clinton G. Martin Park every Friday throughout the summer and fall... all the way through November 22, 2024! The farmers market will be open from 7 a.m. to 1 p.m., featuring a delicious selection of food from the following:



Fred Terry and Son Farm: Fresh vegetables and fruit.

Orchard of Conklin: fresh fruit, berries, fruit pies, tarts, honey, cookies, cider, donuts, homemade quiche, eggs, homemade peanut butter.

Horman's Best Pickles: assorted homemade pickles, jarred vegetables, homemade Bloody Mary Mix.

Jessie's Empanadas: assorted stuffed empanadas, all flavors (meat, vegetables, and cheese) and sauces.

Captain Mike Fresh Catch Of The Day: fresh catch seafood, dinners ready to go, shellfish and more.

Cheese Guy: hard and soft cheeses, gourmet cheeses.

Demi Food Truck: breakfast treats, coffee, tea, and more.

Bambino Ravioli Pastificio: famous raviolis.

Vashty: homemade candles.

Goodness Dairy: homemade ice cream and fresh milk.

Park Fresh: homemade cannoli, all flavors.

[Learn More](#)

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:

SATURDAY, FEBRUARY 24, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington	SATURDAY, JULY 20, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington
SATURDAY, MARCH 9, 9 A.M. TO 3 P.M. North Hempstead Beach Park (North Lot) (Part of the Town's S.T.O.P. program)*	SATURDAY, AUGUST 24, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington
SATURDAY, APRIL 20, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington	SATURDAY, SEPTEMBER 28, 9 A.M. TO 3 P.M. North Hempstead Beach Park (North Lot) (Part of the Town's S.T.O.P. program)*
SATURDAY, MAY 18, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington	SUNDAY, OCTOBER 13, 9 A.M. TO 3 P.M. North Hempstead Beach Park (North Lot) (Part of the Town's S.T.O.P. program)*
SATURDAY, JUNE 29, 9 A.M. TO 3 P.M. Westbury High School (Part of the Town's S.T.O.P. program)*	SATURDAY, NOVEMBER 16, 8 A.M. TO 12 P.M. 802 West Shore Road, Port Washington
	SATURDAY, DECEMBER 7, 8 A.M. TO 12 P.M. 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 or Call 311

SAVE THE DATE! Fall Fest and Howl - O - Ween

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.

Our annual Howl-O-Ween event for residents and their pups will take place on Sunday, October 27 from 12 p.m. to 3 p.m. at the Michael J. Tully Dog Park

[Learn more](#)



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

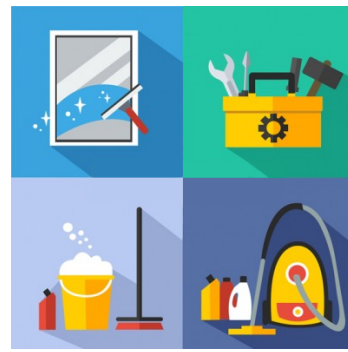
HOWL-🐾-WEEN

Sunday, October 27
12 p.m. – 3 p.m.
Michael J. Tully Dog Park
1001 Evergreen Ave, New Hyde Park



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 (1st floor), light yard work (minimal services), floor care (mopping or sweeping), moving heavy items, window cleaning (1st 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

[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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[Unsubscribe here](#)

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Supervisor

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Christine Liu - David Adhami - Mariann Dalimonte
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Town Clerk

Mary Jo Collins
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