



the PIONEER

brought to you by NORTH HEMPSTEAD PROJECT INDEPENDENCE

Project Independence is a program designed to support residents 60 and over to continue to enjoy good health and a rewarding quality of life in their own homes and communities.

NEWSLETTER VOL. 13 NO. 2

SUMMER 2019

GREETINGS!

Summer in North Hempstead is a fun time for all, but I especially enjoy spending Mondays at the beach for our senior FunDay Mondays. I'm so glad the Town is able to continue to provide this free weekly event that is filled with dancing, exercise classes, sunshine and good company! While you are enjoying the fun in the sun at FunDay Monday and other Town locations this summer, make sure to follow sun safety tips and wear sunscreen. All of North Hempstead's beaches and pools are now equipped with free sunscreen dispensers, so don't worry if you forget your sunscreen.

I am also pleased to announce that our beaches are accessible to all with the installation of mobile access mats at North Hempstead Beach Park and Manorhaven Beach Park. These mats provide a walkway that allows people with mobility issues, including those with wheelchairs and walkers, the ability to access our waterfront.

While enjoying our beaches, pools and parks this summer, remember that staying safe in the sun is more than just wearing sunscreen. Protecting yourself from the heat is so important; please remember to stay hydrated, seek shaded areas and stay indoors when the heat gets to be too much.

Hope to see you all at our pools, parks and beaches this summer!



Judi Bosworth

Judi Bosworth
North Hempstead Town Supervisor





Summer Safety

by Kelly Steinmann, Northwell Health/PI Nurse

Keep safe during the summer and extreme heat!

1. **Stay out of the sun** and limit outdoor exercise or activities, especially during the hours of 10 a.m. to 4 p.m. Go outside in the early morning hours or after the sun has gone down. This could make the difference of several degrees. Don't be fooled by cloudy skies. The sun's rays can go through clouds.
2. **Keep cool in the air conditioning.** If you don't have air conditioning go to the movies, library, senior centers, or call Project Independence for a list of cooling centers. If you DO have an air conditioner, PLEASE use it. If you are concerned about the financial cost, and don't feel that you can afford it, please call Project Independence and speak with a social worker. Cool down by using wet washcloths on your wrists, armpits and neck.
3. **Stay Hydrated.** Always have a bottle of water with you to drink during the day. Increase your amount of fluid intake during these times. For seniors, the feeling of thirst decreases with age which makes you more susceptible to dehydration. By the time you are thirsty, your body is already dehydrated. Limit intake of carbonated beverages and alcohol because consuming these can increase dehydration.
4. **Dress Appropriately.** Whenever you can, wear loose fitting and light colored clothes with a wide brimmed hat. This will help you stay cool and avoid sunburn.
5. **Use a broad spectrum SPF sunscreen** of 15 or higher on all exposed skin. Make sure to cover all skin, especially the face, chest and ears. Put the sunscreen on 15 to 30 minutes before you go outside. Sunscreen should be reapplied at least every 2 hours.
6. **Check in with your friends and neighbors.** Don't be shy. If you are feeling the heat, so are they. It only takes a few minutes to check in on a friend either via telephone or a knock on the door. High temperatures can be life threatening, and checking in on your neighbor can ensure their safety. Please remember your pets during this time because the heat is dangerous for them too. Summer can be a great season—if people are aware of the hazards and take preventative measures against them. Let's all enjoy this season!

Preventing Dehydration in the Elderly

by Gregg Balbera CSA, Owner, Certified Senior Advisor, Right at Home Nassau Suffolk

With all the supersized and specialty drinks on the market, one might think staying adequately hydrated is fairly foolproof. But a five-year study by American and French researchers finds that the majority of Americans are not consuming enough liquids every day, and seniors are significantly at risk for dehydration, the condition when a person uses or loses more water and other fluids than their body takes in. The study of more than 15,000 Americans notes that among older adults age 71 and above, 95 percent of men and 83 percent of women do not drink enough water.

Not drinking enough water and other fluids throughout the day can lead to the body failing to carry out normal functions such as digestion and temperature regulation. Drinking more fluids can reverse mild to moderate dehydration, but severe dehydration requires immediate medical treatment.

The sensation of being thirsty fades with age, which is one reason many older adults don't drink enough fluids. Cognitive challenges and just plain forgetting to hydrate are also common among seniors. Some elders have mobility restrictions and find it harder to physically secure a drink themselves. Keeping older adults fully hydrated is one of the most crucial health issues our in-home caregivers address every day.



Common Causes of Dehydration in Seniors

Dehydration can occur at any age, especially during hot weather or with vigorous exercise or when a person cannot access safe drinking water, for example, while traveling or enjoying outdoor recreation. Other common reasons for dehydration in older adults include:

- Vomiting and diarrhea
- Infections and illnesses
- Fever
- Medications
- Decreased kidney function
- Excessive sweating
- Increased urination

Symptoms of Elderly Dehydration

Initially, dehydration creates subtle signs that may be hard to detect but can escalate quickly. Warning signs of dehydration include fatigue, thirst, dizziness, dark urine, headaches, dry mouth/nose/skin and muscle cramping. Other symptoms of elderly dehydration may include confusion, difficulty walking, rapid heart rate, low blood pressure, low urine output, constipation, inability to sweat or produce tears and/or sunken eyes.

Complications of Dehydration in Seniors

Inadequate fluid levels in older adults can lead to serious or life-threatening health conditions. These complications include urinary and kidney problems, heat injury (ranging from mild heat cramps to heat exhaustion to heatstroke), seizures and/or low blood volume shock (hypovolemic shock)

Excess fluid loss or inadequate fluid intake can lead to an imbalance of sodium and other electrolytes in the body. Electrolytes help transfer electrical messages between cells, and without a proper balance of electrolytes, muscles can involuntarily contract or the person may lose consciousness. If not treated promptly, this dehydration and imbalance can cause significant problems and even death.

A Nutrition and Healthy Aging publication of the National Institutes of Health states that “in some individuals, the loss of as little as 2-3 percent of body fluid can cause physical and cognitive impairment.” For some seniors, a slight fluctuation

in hydration can send their health spiraling downward.

On the other end of the medical spectrum, overhydration also puts the elderly at increased risk. Fluid overload can occur with health conditions such as congestive heart failure and kidney failure and after a person receives intravenous fluids, a blood transfusion or steroids.

How to Help Prevent Dehydration

Your doctor can guide you on a proper hydration amount, but generally, older adults need to drink even when they are not thirsty. It is much easier to keep hydrated than to offset the problems caused by dehydration.

- Keep fluids in a water bottle or lidded cup with a straw nearby day and night.
- Check to make sure urine is light-colored and output is sufficient.
- Eat a variety of high-water-content foods such as fruits, soups, broths, vegetables and smoothies.
- Do not skip meals. A lot of fluids come from foods.
- Avoid the consumption of caffeine and alcohol, which can dehydrate the body.
- In warmer weather, schedule outdoor activities for the cooler part of the day.
- Monitor daily fluid intake by creating a hydration schedule. It is better to sip liquids every hour than drink extra at a meal.
- Consult with your doctor about changing medications especially if taking laxatives or diuretics.

Watch continually for signs of dehydration. If you suspect dehydration, you can do a simple test by gently pulling up skin on the back of the hand for a few seconds. If the skin does not return almost instantly to its normal position, you may be dehydrated. Seek medical help if you have diarrhea for 24 hours or more, cannot keep down fluids, or if you are disoriented or listless.

Hydration improves one’s quality of life and saves on medical interventions and hospitalizations. In keeping older adults well-hydrated and healthy, perhaps Benjamin Franklin said it best: “An ounce of prevention is worth a pound of cure.”



United States Department of Agriculture

10 tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
Dietary
Guidelines
for Americans

Make better beverage choices

A healthy eating style includes all foods and beverages. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too many calories from saturated fat. Here are some tips to help you make better beverage choices.

1 Drink water

Drink water instead of sugary drinks. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and few nutrients.



2 How much water is enough?

Let your thirst be your guide. Everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active or live or work in hot conditions.

3 A thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 Manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5 Kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.



*100% juice is part of the Fruit or Vegetable Group.

6 Don't forget your dairy**

Select low-fat or fat-free milk or fortified soy beverages. They offer key nutrients such as calcium, vitamin D, and potassium. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.

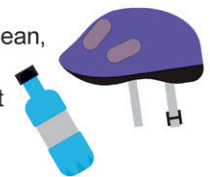


7 Enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8 Water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



9 Check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

10 Compare what you drink

Food-A-Pedia, an online feature available at SuperTracker.usda.gov, can help you compare calories, added sugars, and fats in your favorite beverages.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.



Summer Food Safety *(National Institute on Aging)*

By Nicole Borukhov, MS, RDN, CDN, Community Nutrition Educator,
Cornell University Cooperative Extension Nassau County

One of the best things about summer is firing up the grill!

Make sure your fun in the sun doesn't get cut short by following 4 simple food safety steps.

- | | | | |
|--|---|---|---|
| 1. | 2. | 3. | 4. |
| Clean-wash hands and surfaces often | Separate-separate raw meats from other foods | Cook-cook to the right temperature | Chill-refrigerate foods promptly |

Summertime Nutrition Tips

Make Food Safety a Priority!

- Always, always, always handle food with clean hands!
- Keep the freezer at or below 0°F & the refrigerator between 34°F-40°F.
- Store dairy & eggs in the coldest part of the refrigerator, preferably near the back & away from the door.
- Keep raw meat & poultry on the lowest shelf in the fridge. Store ready-to-eat & cooked foods on top.
- Defrost food in the refrigerator in advance – not on the counter overnight.
- Avoid cross contamination! Thoroughly wash cutting boards with soap & water between handling raw meat & produce – or use separate cutting boards.
- Cook foods until they reach the minimum internal temperature! 165°F for poultry, 160°F for ground meats, & 145°F for fish, pork, beef, & lamb chops.
- Store leftovers in clean, sealed containers in the refrigerator. Eat within 2 days!

Go to www.foodsafety.gov for more food safety information.



Preventing Dehydration

By the time we feel thirsty, we may already be dehydrated! Not getting enough fluids during warmer months can pose serious health risks so it is important to be mindful of the signs & symptoms of dehydration. Initial signs include headache, constipation, dry mouth & tongue, muscle cramps, & lethargy. Aim for 64oz of fluids per day & try these tips to increase fluid intake

- Enhance water with a splash of juice or fresh fruit. Try a refreshing combination of strawberry & mint or cucumber & lime.
- Try different flavors of sparkling water.
- Keep popsicles or frozen yogurt pops on hand for a hydrating treat.
- Whip up a milkshake or smoothie loaded with extra berries!
- Include foods with high water content in meals & snacks – try grapes, tomatoes, apples, watermelon, or bell peppers.
- For something savory, try warm chicken, beef, or vegetable broth.



GRILLIN' like a...

P
R
O

P = Place the Thermometer!

Place the food thermometer into the **thickest** part of the meat.



145 °F W/ 3 MIN REST		STEAKS
145 °F W/ 3 MIN REST		PORK CHOPS
165 °F		CHICKEN
160 °F		GROUND BEEF

R = Read the Temp!

Wait about **10-20 secs** for the temperature to be accurately displayed. Foods must reach the safe internal temps listed here for safety.

O = Off the Grill!

Once the meat is at a safe temperature, take it off the grill.



Put cooked food on a **CLEAN PLATE!**

Foods to Avoid

National Council on Aging



Raw or undercooked meat, poultry, eggs & seafood



Hot dogs, deli meat & lunch meats (unless reheated to steaming hot)



Soft cheeses (unless labeled "made with pasteurized milk")



Unwashed fresh fruits & vegetables



Unpasteurized refrigerated pates or meat spreads (Canned or shelf-stable pates/meat spreads may be eaten)



Raw or unpasteurized milk



Raw sprouts (alfalfa, clover, & radish)

Don't let the hot weather stop you from keeping active and social.

Project Independence offers many social and recreational programs that continue throughout the summer.

Exercise - Yoga Classes

Registration opens **Monday, June 17**

Wednesdays, 12:30 - 1:30 p.m. begins July 10 at the Roslyn Community Center

Fridays, 1 - 2 p.m. begins July 12 at North Hempstead "Yes We Can" Community Center

Social Groups

Social Discussion Group. Come meet new friends! Enjoy talking with others and meeting your neighbors. The group meets at the Parkville Branch of Great Neck Library on Thursdays at 11:30 a.m.

What Matters to You Men's Community Group.

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 the community. The group meets at the Parkville Branch of Great Neck Library on Fridays at 10:30 a.m.

ROMEO (Retired Older Men Eating Out) Social

Group. If you're a retired man looking for an informal social group... ROMEO (Retired Older Men Eating Out) is the group for you! Bring your lunch, and enjoy stimulating discussion and camaraderie. Any retired man aged 60 and older who is a resident of the Town of North Hempstead can join. The group meets at the Atria Cutter Mill, 96 Cutter Mill Road, Great Neck on the 1st and 3rd Monday of every month at 12:15 p.m.

Community Education Programs at various locations.

FunDay Mondays at North Hempstead Beach Park offers additional programming (see back page).

*All dates are subject to change. Please call 311 or 869-6311 to register and for more information.



Project Independence has community social workers and nurses who can provide and help connect you to various services and programs.

Social Work Services

- Individual, family and group counseling
- Caregiver and bereavement support
- Advance Directive education
- Entitlements/Benefits assessments and assistance (food stamps, home heating, low-income programs)
- Disability resource information
- Financial counseling (referrals)
- Food and nutrition support (Meals on Wheels, Food Pantries) (referrals)
- Medicare, Medicaid or other health insurance information
- Mental health referrals
- Respite care (referrals)
- Transition assistance from hospital to home or rehabilitation
- Support groups
- Veterans assistance
- Circle of Support (Life planning tool)

Nursing Services

- Blood pressure screening and monitoring of other chronic conditions
- Health information and/or education
- Medication management counseling and information
- Referral to home healthcare services
- Healthcare coordination
- Fall Prevention screenings and education
- Brain games



A Special Thank You to the PI Blankets of Love Group

“Blankets of Love” is a crocheting and knitting group formed by Project Independence members. The group provides an opportunity for senior residents in the community to come together and work in a collaborative manner on a meaningful and rewarding project. The group has created over 20 blankets since the beginning of the year which were donated to the Bethany House and St. Joseph’s Hospital. The Bethany House is a nonprofit agency that helps address the need for emergency shelter and services for women and children who are in the crisis of homelessness.

“Blankets of Love” meets on Tuesday from 1 p.m. to 2 p.m. at Clinton G. Martin Park. For more information on the program, please call 516-869-6311.

Project Independence Advisory Committee

You are Invited! We need you and your life experience to join Project Independence Advisory Committee Planning Meetings.

Our neighborhood program, with “smart feet on the street”, provides valuable input to our Team at monthly meetings. Needs of Town residents over 60 are discussed and suggestions are offered for new programs. There is no commitment – you can attend when convenient – offer suggestions – or just listen and meet your neighbors. No reservation required – just show up.

You will also have the opportunity to learn more about the many benefits provided by Project Independence.

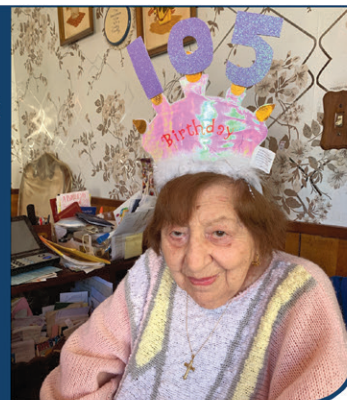
There are 6 regional locations where these monthly meetings are held.

- | | |
|-----------------------------|-------------------------------|
| New Hyde Park | Great Neck |
| Port Washington | Roslyn |
| Westbury/Carle Place | Mineola/Williston Park |

Call 311 for more details about location, dates and times. We look forward to seeing you.

Happy 105th Birthday to PI Member Vincenza Benedetto!

Ms. Vincenza Benedetto celebrated her 105th birthday earlier this year. She was born in the Bronx on January 26, 1914. Vincenza remembers being a Navy airplane inspector during World War II. After the war she was transferred to home mortgage work for the United States government. She moved to Mineola in 1960 where she raised two sons and was married for 52 years. For 10 years, Vincenza volunteered at Winthrop Hospital and was very involved in the Mineola AARP chapter. She proudly speaks of having been the community services chairlady of AARP for 13 years where she solicited funds to buy yarn to make lap robes which were distributed to nursing homes. She was also an active member of the Golden Age Club of Mineola and an avid user of the PI Help at Home Program and the Taxi Program.





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Funday Monday Blurb

Check out FunDay Mondays at North Hempstead Beach Park from 10 a.m. to 2 p.m.!

Enjoy musical performances, line dancing, exercise classes, a farmer's market and more activities!

- July 8 Jerry Costanzo Music
- July 15 The Nina Gordon Party
- July 22 The Vic Vincent Group
- July 29 Senior Health Fair & Vincent Rhodes Production
- August 5 Dance Aloha & Tribute Elvis
- August 12 Stan & Edi
- August 19 Marty-G and G-Men
- August 26 A Salute to Our Vets & Quatrain Barbershop Quartet & Vintage Bliss

Rain dates are on the following Thursday.

Free transportation available.

Call 311 or 869-6311 for a full schedule of activities.

Tune into the "Project Independence and You" Radio Show this summer for more summer health and safety tips, fun things to do around Town, interesting people and of course lots of laughs!

The Town of North Hempstead "Project Independence and You" Radio Show is on every Friday from 10 a.m. to Noon on 88.1FM or WCWP.org. You can also now listen to the show on your mobile device, by downloading the app.

The program's mission is to inform and entertain our age 60 and older audience in the listening area, which includes northern and central Nassau County. Past guests have included elected officials, medical experts, mental health experts, representatives of community based organizations, authors, experts from varying fields, interesting Project Independence members, and Veterans. During the Talk of the Town segment, you will learn about all latest events and happenings in the Town.

To hear past episodes go to www.northhempsteadny.gov/PI-Radio-Shows

Call 311 or 869-6311 for more information.



Town Supervisor
Judi Bosworth



Council Member,
 Dist. 1
Viviana Russell



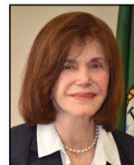
Council Member,
 Dist. 2
Peter J. Zuckerman



Council Member,
 Dist. 3
Angelo P. Ferrara



Council Member,
 Dist. 4
Veronica Lurvey



Council Member,
 Dist. 5
Lee R. Seeman



Council Member,
 Dist. 6
Dina M. De Giorgio



Town Clerk
Wayne H. Wink, Jr.



Receiver of Taxes
Charles Berman

Call 311 or visit www.northhempsteadny.gov for more Town information.

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