



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. 17 NO. 1

SPRING 2023

Message From Supervisor DeSena:



Winter has finally come to an end, and we are excited to embark on the hopeful embrace of spring. I hope you all are well and looking forward to the warmer weather as much as I am! As the calendar turns to spring, this new issue of the Pioneer will be very helpful, as the overall theme is 'aging unbound.' It contains important information regarding Project Independence programs, tips for aging gracefully, a mental health checklist, nutrition tips and guidelines, and ways to take charge of your healthcare. I hope you find this latest issue of the Pioneer chock full of useful information that will continue to support your good health and quality of life.

Best regards,

A handwritten signature in black ink that reads "Jennifer S DeSena".

Jennifer DeSena
North Hempstead Town Supervisor



Incorporating Integrative Medicine Practices Into Your Daily Routine

Katz Institute for Women's Health, Northwell Health



The term “integrative medicine” might bring to mind holistic approaches to wellness like massage, yoga and acupuncture. And while these activities are aspects of integrative medicine, the term is broader based, encompassing all healthy lifestyle practices and complementary healing modalities that help you thrive.

Integrative care puts you at the center of your care with a focus on better nutrition, sleep, support and stress management. At the Center for Wellness and Integrative Medicine, you can benefit from a range of services that support your specific needs and goals. Working with a health and wellness coach, you can address specific health concerns or focus on a personal evolution in mind, body and spirit.

Although we offer a full schedule of group and private classes, workshops and events at the Center, you also can incorporate integrative medicine practices into your daily life. In fact, integrative medicine starts with self-care with some basic strategies:

Learn how to eat better

What you eat has a profound effect on how you feel. Thus, balanced nutrition is a key aspect of integrative medicine. Limiting fast food, sugar, alcohol and foods linked to inflammation can boost your immune system, help you lose weight and just make you feel better. Eat mindfully, slowly & notice the food you are eating.

Focus on movement

If you're not accustomed to a regular exercise regime, the thought of getting started can seem overwhelming. Instead, focus on just moving more. Whether it's a walk around the block or devoting

a few minutes to stretching, moving more is an important first step on the path toward improved health and wellness.

Create moments of mindfulness

Whether you are sipping your morning coffee, walking, breathing, listening to music, eating or talking to someone, try to be in the moment and focus on what you are doing. Bringing your full attention to the task at hand helps you be present for it and enjoy it.

Breathe deeply

We often overlook the healing powers of deep breathing. By slowing down your heart rate and lowering your blood pressure, breathing deeply helps you relieve stress and increase relaxation. Try focusing on deep breathing a few minutes each day to start.

Get a good night's sleep

Stress and sleep problems go hand-in-hand. Consider relieving stress before bed by disconnecting from technology an hour before bedtime. Ensure you get a proper amount of rest (7 to 8 hours) each night.

Express your gratitude

Develop an attitude of gratitude. Acknowledge moments of gratitude and let others know when you are grateful for their actions. The more you look for these moments, the more you will notice.

Learn more about the Center for Wellness and Integrative Medicine. We're here to answer your questions. Call the Katz Institute for Women's Health Resource Center at 855-850-5494 to speak to a women's health specialist.





AGING UNBOUND: MAY 2023

May is Older Americans Month-Aging Unbound

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

For more information, visit the official OAM website, follow ACL on Twitter and Facebook, and join the conversation using #OlderAmericansMonth.



5 Steps to Safer Health Care

The Pulse Center for Patient Safety Education & Advocacy

The TakeCHARGE Campaign uses "5 Steps to Safer Health Care" to teach patients and their families how to become active members of their care teams and take more responsibility for their own safety. Learning how to be informed patients before a crisis strikes can improve health care outcomes. Preparing someone to be an informed patient when they are already in the health care system and at their most vulnerable is like teaching CPR during someone's heart attack.

The TakeCHARGE Campaign's approach is unique: to directly reach the general public before they become patients, teaching them to TakeCHARGE of their health care decisions. This is not about health, but health care, the journey to better health. Research shows that when patients are engaged in their health care, there can be measurable improvements in safety and results.

The 5 Steps to Safer Healthcare!

1. Understand & Complete Your Advance Directives
2. Keep a Record of Your Medical History & Current Medications
3. Prepare for Doctor Visits / Make A List of Questions
4. Prevent Infections / Ask Caregivers to Wash Their Hands
5. Use an Advocate / Be an Advocate for Others

For more information visit, www.takecharge.care.



Hassle Factors

By Otto Lohse, (Project Independence Volunteer & Co-Host of the PI and You Radio Show)



Some thoughts on Hassle Factors that could be of concern because of mobility, time or just a hassle. Admittedly, some of these thoughts require finances – maybe pick and choose what would be most beneficial to you, a family member or a friend.

Laundry – Stairs, time and physical limits can be avoided by using a laundry service. Many pick up, deliver nicely folded laundry, shirts and blouses on hangers along with bedding. With adequate clothing supply, you may only have to use service every 3 or 4 weeks.

Main Level Living – If stairs are a problem, consider adding a stair lift or modifying the layout of your main level.

Recycling – Put these items in a clear plastic bag and avoid having to deal with lugging garbage cans in and out.

Lawn – While many of us enjoy maintaining our own lawns, it may now be a major but necessary hassle. Hire a service or maybe you have access to a teenager or willing adult.

Cleaning – Housekeeping is another physically demanding chore. It's important to keep a bright, clean home to avoid accidents and keep your spirits up. Some options include bringing in a service or asking a family member or friend for help.

Shopping for Food – Getting there or the actual physical chore of shopping could be issues. Use one of the many online services. If you aren't technically up to this, maybe a family member or friend can coordinate placing the order with you. A PI social worker can connect you to various services in the community.

Shredding – Does your shredder at home get full and all over the floor? Bring your important papers and pollutants to the North Hempstead S.T.O.P. program for free shredding.

Medication management – Is organizing or taking meds a hassle for you or a family member? Contact Project Independence for support and guidance in minimizing the problem.

Transportation – Rides to doctors or shopping seem simple enough for those who can drive. If you aren't able to drive, contact Project Independence and utilize their transportation program.

Home Maintenance/Repairs – For some changing a light bulb or replacing a toilet seat is a hassle or not doable. If you need grab bars, gutters cleaned, light home maintenance or repair, contact Project Independence and let them know what your needs are.

Please contact Project Independence for guidance about any of these issues and/or needs that would help you, a family member or friend maintain an independent life with minimal hassles.

Call 311 or 516-869-6311 for more information.

Project Independence Taxi and Bus Transportation

The Project Independence Taxi service provides deeply 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+. Since 2010, PI has been the recipient of the 5310 FTA grant (managed by NYSDOT) "Enhanced Mobility of Seniors & Individuals with Disabilities" and has been awarded, 1 million dollars for each 3-year cycle, since 2013. 27,256 rides were provided to residents in 2022.



Many of our Town's senior residents depend on this service for weekly treatments

including dialysis, chemotherapy, and Alzheimer's Adult Day programs. The medical rides are discounted, and food shopping is free to the rider. The program is designed to transport riders within North Hempstead; with exceptions to several major medical providers just outside of the Town's borders:

- 1) Memorial Sloan Kettering in Uniondale;
- 2) St. Francis DeMatteis Center in Greenvale;
- 3) NUMC in East Meadow;
- 4) Northwell's LIJ campus in Queens;
- 5) Garden City providers.

Please avoid travel during AM and PM peak travel and 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.



The Project Independence and You Radio Show

Tune in to the Project Independence and You Radio Show on Fridays from 10 a.m. to 12 p.m. on WCWP 88.1 FM or wcwp.org or download the app for information and entertainment geared towards seniors, caregivers and professionals. Past guests have included elected officials, medical and mental health experts, community based organizations, authors, experts from varying fields and more. 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! If you have any suggestions regarding possible topics or guests, please contact 311 or 516-869-6311.

Past episodes of the Project Independence and You Radio Show are available at www.northhempsteadny.gov/PI-Radio-Shows or on the WCWP Studios YouTube page. Check out full episodes on North Hempstead TV, on Cablevision Channel 18 or 65 or Verizon FIOS Channel 46, visit www.myNHTV.com for up-to-date schedules.

continued from page 4

Free food shopping offers several locations close to the resident's homes 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. Tipping is recommended and most appreciated. The Town's buses and subcontracted Dell buses provide transport to Town nutrition sites, senior programs/centers, and essential shopping trips for the North Hempstead Housing Authority residents. Buses are also utilized for limited senior social groups and for large senior events such as Funday Mondays in the summer.

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.

Project Independence Home Maintenance Programs

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 pay for or provide any supplies needed. **Services include gutter cleaning (1st Floor), moving heavy items, replace lightbulbs and batteries, light floor care (mopping or sweeping), window cleaning (1st Floor) and light yard work.** 1,506 constituents have utilized the program since 2010.



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, but exceptions can be made. RTLI gives extra

preference to veterans and handicapped individuals. In 2022, 24 constituents had assorted home improvements including grab bars, railings, weatherization and various repairs.

Call 311 or 516-869-6311 for more information on home maintenance programs.

Join a Project Independence Advisory Committee-Get Connected 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! Meetings are at 10 a.m. and meet both in person and virtual.

May 10 - Clinton G. Martin Park *Meeting Focused on New Hyde Park Area, Westbury/ Carle Place Area, Williston Park/Mineola Area

June 14 - Clinton G. Martin Park

September 13 - Clinton G. Martin Park

October 11 - Roslyn Community Center *Meeting Focused on Great Neck Area, Manhasset Area, Port Washington Area, Roslyn Area

November 15 - Clinton G. Martin Park

December 13 - Clinton G. Martin Park, PI Holiday Party

*Members can attend any committee meeting regardless of region. Registration is required. Call 311 or 516-869-6311 to register for the in person or Zoom advisory meeting option.



Healthy Food Shopping Tips

Spring 2023

Introduction

According to the 2020-2025 Dietary Guidelines for Americans, healthy dietary patterns can help meet changing nutrient needs throughout every life stage and reduce the risk of developing chronic diseases. Having a variety of nutrient-dense food options from multiple food groups (e.g., fruits, vegetables, whole grains, proteins and dairy) is encouraged. Individuals can tailor their food choices to align with their nutritional needs, personal food preferences, cultural traditions and financial circumstances.

Food shopping and meal planning for nutrient-dense food options can help individuals meet daily nutritional recommendations. Furthermore, food preparation can help save time and reduce food waste. From the Harvard School of Public Health, here are 5 tips to stocking your kitchen and pantry with healthy food options:

1. **Produce:** Aim for a variety of colors when purchasing fruits and vegetables. When possible, buy locally grown produce. Frozen and canned produce with no added sugar or sodium are additional options to choose from for longer shelf-life.
2. **Grains:** Grains include bread, pasta, barley, oats, quinoa, rice and more. Occasionally opt for whole grains in meals (e.g., brown rice, whole wheat bread, whole wheat pasta, oats, etc.).
3. **Protein:** Balance your plate with proteins such as fish, chicken, turkey, tofu, eggs, lean red meat, beans and nuts.
4. **Fats & oils:** Use liquid vegetable oils (e.g., canola, olive oil) when sautéing, stir frying or making salad dressings.
5. **Essential flavors:** Use herbs, vinegars & citrus to enhance flavor.

Did you know that in 2012, approximately 46% of all meals in the U.S were eaten alone? College students, older adults and individuals with busy schedules from work/school are more likely to eat alone.



Cut Back to Boost Your Nutrition!

Choosing healthier food options for your kitchen and pantry can also come from cutting back on foods that most Americans already exceed their intake on.

Added Sugar: soft drinks, fruit drinks, sports/energy drinks, cakes, ice cream, cookies, breakfast cereals & bars

Saturated Fats: Fatty meats (beef ribs, sausage, processed meats), higher fat dairy (whole or 2% milk or yogurts), butter, margarine, cream cheese, heavy or whipped cream, palm oil

Sodium: cured meats, breads, rolls, condiments & gravies, canned or frozen products with added sodium, desserts, pizza

EAC Network Respite Program

EAC Network In-Home Respite Services provide time-off for the caregiver, an opportunity to go shopping, have lunch with a friend or just relax. Trained companions visit with the senior and do anything a friend or neighbor might do except provide personal or medical care.

The visits make such a difference to both the caregiver and their loved one. One recipient said **“The program gives me confidence that there are others who will care for us, that we are not forgotten. It gives help and lessens stress for our entire family. I appreciate the program finding the right companion for me and the regular check-ins.”**

If you are interested in being a companion or in need of services, please call 311 or 516-869-6311.



Project Independence 2022 Highlights

In 2022, there were 25,154 service requests for Project Independence (PI). There were 56,989 service requests for the entire Town. PI's total SR count accounted for 44% of the total SRs created in 2022. Since 2009, there have been 320,893 service requests for Project Independence.

At the end of 2022, the total number of Project Independence members was 16,274 and 549 new members joined within 2022.

Project Independence Exercise Classes

Project Independence offers a variety of exercise classes including Yoga, Line Dancing, Ballroom Dancing, Tai-Chi, Gentle Fitness, Zumba Gold and Balance, but classes fill up fast! On average, over 250 seniors participated each week. The town's PI Exercise Program is designed for seniors of all ages and fitness levels. Classes can be done standing, on a mat, seated on a sturdy chair or a combination. If you are interested in being on the mailing list for upcoming classes, please call 311 or 516-869-6311.

You can also watch classes on North Hempstead TV-Channel 18 or Channel 65 on Optimum or Channel 46 on Verizon Fios. View the schedule at mynhtv.com/schedule You can find and watch the exercise classes on demand at mynhtv.com/fitness To date, there are over 10,000 views of PI Exercise classes virtually including YouTube and North Hempstead TV.

Project Independence Social Work Nursing Services

The PI social work and nurse team are available for appointments via the phone, office and in the home.

In 2022, the Project Independence (PI) Social Work and Nurse Team continued to work together tirelessly to help seniors age in place and to reconnect. They provided 46,394 units of service to North Hempstead seniors (increased by over 10,000 units from 2021). PI Nurses can provide a variety of services including blood pressure screenings, monitoring of other chronic conditions, health information, medication management counseling and information, health care referrals, fall prevention screenings, brain games and more. PI Social workers provide individual, family and group counseling, case management, caregiver assistance, bereavement support, advance directive education, entitlements/benefits assessments and assistance (food stamps, home heating, low-income programs), financial referrals, food and nutrition support, referral to home maintenance and repair programs, disability resource information, mental health referrals, support groups, veterans assistance and more.

Various social and support groups are available as well. Call 311 or 516-869-6311 for more information.

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.

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:



GET QUALITY SLEEP

To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your well-being. When you're tired,

you can't function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. Take steps to make sure you regularly get a good night's sleep.

TO GET BETTER QUALITY SLEEP:

- Go to bed the same time each night and wake up the same time each morning.
- Sleep in a dark, quiet, comfortable environment.
- Exercise daily (but not right before bedtime).
- Limit the use of electronics before bed.
- Relax before bedtime. Try a warm bath or reading.
- Avoid alcohol and large meals before bedtime. And avoid stimulants like nicotine and caffeine.
- Don't take naps after mid-afternoon. Keep naps short.
- Try to get natural sunlight for at least 30 minutes a day.
- See a health care professional for ongoing sleep problems.



Town of North Hempstead
220 Plandome Road
Manhasset, NY 11030

PRST STD
U.S. Postage
PAID
Garden City
NY, 11530
Permit No. 460

Save the Date: Citizen Preparedness Corps Training- Wednesday, September 6, 2023 from 9 a.m. to 1 p.m.-Clinton G. Martin Park, New Hyde Park

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. This training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies. Each family that attends will receive one Preparedness kit.* Please note-registration is not available yet. Visit www.prepare.ny.gov for more information.

Upcoming Events

Senior Recognition Tuesday, May 23, 2023
11 a.m. to 2 p.m. Harbor Links Golf Course

FunDay Monday will offer seniors from across the Town the opportunity to experience fun entertainment, games, crafts and fitness. EVERY MONDAY* from July 10-August 21 from 10 a.m. - 2 p.m. at North Hempstead Beach Park

July 10 - Stan & Edi

July 17 - Vincent Rhodes

July 24 - Health Fair & EJ the DJ

July 30 - Beat-A-Likes

August 7 - Dance Aloha & Elvis Tribute

August 14 - Frank Sinatra Tribute & Dean Martin-Jerry Lewis Tribute

August 21 - HomeTown USA Salute to the Armed Forces & Bud & Linda & Quatrain Quartet-Stage and Stroll

Rain Date Information: events will be held the Thursday of the same week if there is rain on Monday

Upcoming 2023 St. Francis Outreach Bus: Free Health Screenings

The 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

NO APPOINTMENTS REQUIRED. Screenings are from 10 a.m. to 2 p.m.

Tuesday, May 9, 2023
Great Neck Social Center

Monday, May 15, 2023
Port Washington Adult Activities Center

Thursday, June 8, 2023
Manhasset Valley Residence

Wednesday, June 14, 2023
Magnolia Gardens

*Dates subject to change

S.T.O.P (Stop Throwing Out Pollutants) Program

Saturday, June 24 from 9 a.m. to 3 p.m. at Westbury High School

The S.T.O.P. (Stop Throwing Out Pollutants) program offers residents from North Hempstead the opportunity to dispose of their household hazardous waste in an environmentally friendly manner and shredding services.

If you are interested in receiving monthly updates about all things going on in Project Independence and throughout the town, call 311 or 516-869-6311 to sign up for the monthly email newsletter.



Town Supervisor
Jennifer DeSena



Council Member,
District 1
Robert J. Troiano, Jr.



Council Member,
District 2
Peter Zuckerman



Council Member,
District 3
Dennis J. Walsh



Council Member,
District 4
Veronica Lurvey



Council Member,
District 5
David A. Adhami



Council Member,
District 6
Mariann Dallimonte



Town Clerk
Ragini Srivastava



Receiver of Taxes
Charles Berman

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

STAY CONNECTED



PRINTED ON RECYCLED PAPER. PLEASE RECYCLE AFTER USE.

