



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. 18 NO. 2

FALL 2024

Message From Supervisor DeSena:



By now, you've seen the news that *Fortune* ranked the Town of North Hempstead as one of the 15 best places to live in America. Sure, it highlighted our exceptional school districts, hospitals,

and beautiful landscapes, but what set North Hempstead apart from the rest was **you - our Project Independence (PI) members**. *Fortune* believes that a great place to live is one that serves families in the long-term, making sure older adults remain a healthy and happy part of the communities they helped build. In that light, PI is the gold standard, and people are taking notice. This is only made possible through active and engaged seniors like you. You don't just start families here, but *keep* them here, planting roots that will last for decades, and in some cases, even centuries.

Autumn is often referred to as "The Giving Season." That's why it's important to keep that mindset and water those roots, turn over new leaves, and give to the next generation. If time truly makes us bolder as even children get older, what are we to give to them, and how? I believe that the most important gift anyone can give is themselves. Give your time, give your thoughts, give your wisdom. There are so many younger people who are struggling; they really need to hear from those who have been there, done that, and come out the other side of life's many challenges. I promise you, helping others play the game of life is its own reward.

You are wanted. You are **needed**. And I know you'll come through for the next generation of North Hempstead families. The Giving Season is here, and no one has quite as much to give as you do.

Best regards,

A handwritten signature in blue ink that reads "Jennifer S DeSena". The signature is written in a cursive, flowing style.

Jennifer DeSena,
North Hempstead Town Supervisor



Do you need a heart checkup?

Featured Expert-Jeffrey Kuvin, MD, SVP, cardiology, Northwell Health, Co-director, Sandra Atlas Bass Heart Hospital, Chair, cardiology, Zucker School of Medicine

The right tests at the right time can protect your health — or even save your life

The Sandra Atlas Bass Heart Hospital at North Shore University Hospital has the best cardiac care on Long Island. Our program includes the most experienced heart team in New York, with unmatched expertise and skill. Plus, we're proud to be recognized for top performance in all areas of open-heart surgery by the Society of Thoracic Surgeons (STS), a peer-reviewed rating system that's one of the most respected measures of quality in health care. From the latest minimally invasive procedures to the most complex heart transplants, our world-renowned heart experts are advancing medicine and changing lives for the better. Because when we raise health, you return home.

Communication points the way

When it comes to a heart check-up, there isn't a one-size-fits-all checklist. The most crucial factor is a frank conversation with your care provider. "There are a number of factors that go into choosing the appropriate tests," explains Jeffrey Kuvin, MD, Senior Vice President of Cardiology for Northwell Health's Central and Eastern regions. "Everyone's on their own path, and the clinician's analysis can determine whether certain tests might be helpful."

Difference-making cardiac tests

So what are the tests your doctor might recommend — and how can they help you stay healthy? Here are some examples, how they work and what they can do for you:

Cardiac MRI

You'll lie on a platform that slides into an MRI machine. Often, dye is injected through an IV to help produce refined images. This test shows the size of the heart and its pumping power, damage or scarring from a previous heart attack or disease, heart valve function and other cardiac conditions.

Chest x-ray

While standing, you'll be positioned between an X-ray machine and a plate that creates an image. Dr. Kuvin says "It provides a good view of the entire chest cavity and can give us information about the size of the heart and how it functions in relation to the lungs."

Coronary angiogram

A flexible tube called a catheter is inserted into an artery in your wrist or groin and threaded to the coronary arteries in your heart. Dye is injected to make it easier to get a detailed view of blood vessels on an X-ray image called an angiogram. You'll likely get a light sedative to help you relax. As with Malin, results might lead to the immediate placement of a stent; a short hospital stay may be required. The coronary angiogram can detect restricted blood flow to the heart.

Coronary calcium scan

You'll lie on a table that slides into a CT scanner. Electrodes on your chest connect to a device that records heart activity and allows images of the coronary arteries to be taken between heartbeats. Levels of calcium-containing plaque in arteries that can restrict blood flow to your heart can be detected by this test. Results can determine if you need medication or lifestyle changes to reduce your heart attack risk.

Coronary CT angiography

You'll lie on a table that slides into a CT scanner. An IV will inject contrast dye that will help blood vessels show up better on CT images. Chest electrodes will also record heart rate. You might require medication to slow your heartbeat so the images are clear. The detailed images of the arteries that this test produces can detect abnormalities in blood flow, show areas of plaque buildup and pinpoint areas in need of treatment.

Echocardiogram

An ultrasound probe on your chest will bounce or "echo" sonogram waves off heart structures, showing moving images of heart walls and valves. "It's a great window into the heart," Dr. Kuvin says. "We can see how the heart is functioning, including the muscle, valves and surrounding tissue."

Electrocardiogram (EKG)

Electrodes and wire leads will be placed on your chest, arms and legs. The leads are attached to an electrocardiograph machine that records your heart's electrical activity. This test shows the electric impulses of the heart and whether you're having abnormal heart rhythms; it can also reveal a history of heart attacks.



Exercise tolerance test (cardiac stress test)

As you walk on a treadmill at varying speeds and inclines, an EKG will monitor the electrical activity in your heart. Your breathing, blood pressure and level of fatigue will also be tracked. This can help diagnose coronary or peripheral artery disease, determine heart attack risk and establish a safe level of exercise.

Exercise tolerance test with imaging (nuclear stress test)

It's just like getting an exercise stress test (see above), but you'll also be injected with a radioactive tracer through an IV. This enables a nuclear camera to provide a view of the heart, how well it pumps and how blood flows. It can determine specific areas of the heart that are not functioning normally.

When should you see a cardiologist?

Heart disease is the leading cause of death for men and women across the world. Seeing a cardiologist can make all the difference, but sometimes people do not realize they should make an appointment, says Dr. Kuvin. "We have advanced technologies that allow us to diagnose and treat heart conditions and improve and prolong life," Dr. Kuvin says.

Here are some reasons to make an appointment with a cardiology provider:

- Symptoms such as shortness of breath, chest discomfort (which may include pain in the arm, neck, jaw or back), palpitations or flutters.
- High blood pressure or cholesterol that's not responding to treatment.
- Exercise intolerance.
- Prediabetes or diabetes.
- Dizzy spells or fainting.
- Family history of early-onset or major.
- Complications during pregnancy, including high blood pressure, gestational diabetes, or preeclampsia or eclampsia.
- Chemotherapy or other cancer treatments, such as radiation or immunotherapy.
- Systemic lupus erythematosus, rheumatoid arthritis, Crohn's disease or other systemic inflammatory diseases.
- Cardiovascular problems.
- A history of smoking or obesity.
- A genetic condition known to raise the risk of heart disease.

ADVICE ON HOW TO DRIVE SAFELY IN THE FALL



NIGHT



- Keep headlights clean and in proper working order.
- Drive slowly if you live in an area with deer.
- If you see a deer cross the road, expect others to follow.

COLD WEATHER



- Drive slowly and break gently on bridges - they freeze more quickly than other parts of the road.
- Extreme changes in temperature can cause tires to expand and contract. Check tire pressure daily.
- Clear any frost on windows.

FOG



- Set headlights to low beam instead of high.
- Slow down and leave plenty of space between you and the car in front of you.

RAIN



- Remove leaves from windshield.
- Replace windshield wiper blades if they show any signs of wear.
- Drive slowly.
- If you start to hydroplane, steer straight and gently release the gas pedal until you feel the tires touch the road again.

LEAVES



- Never park on a pile of leaves. This may cause a fire.
- Never drive over a pile of leaves; small children often play in leaf piles.

For more driver safety tips visit AAA.com/Safety



Senior Technology Spotlight: The Benefits of Seniors Using Facebook for Groups

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

As someone who stresses the importance of seniors using technology to stay connected, putting this article together has been an interesting experience. It started with the goal of writing an article about the benefits of Seniors using Facebook for Groups. For some time now, I had the thought of looking into AI (Artificial Intelligence) with ChatGPT. The time had come - I looked up ChatGPT and asked

ChatGPT, “write an article about benefits of seniors using Facebook for groups.”

The following was written in seconds by ChatGPT and the thoughts are very good. There are negatives about Facebook being misused but my feeling is the positives outweigh them. You don't have to be an authority on technology but learning how to use a few basic apps will enhance your life. Project Independence could help.

The Benefits of Seniors Using Facebook for Groups

In today's digital age, social media platforms have transformed the way we communicate, interact, and stay connected with others. One platform that has gained immense popularity among various demographics is Facebook. Although it was originally designed for younger users, Facebook has become a vital tool for seniors, especially when it comes to joining groups. Here are several benefits for seniors using Facebook for groups.

1. Community and Connection

One of the most compelling benefits of Facebook groups is the ability for seniors to find and connect with like-minded individuals. Whether it's a group focused on hobbies, health issues, travel, or local events, seniors can engage with others who share similar interests and experiences. This helps reduce feelings of isolation and loneliness, which can be significant issues for older adults.

2. Support Networks

Many seniors face unique challenges, including health concerns, loss of loved ones, and adjustments to retirement life. Facebook groups provide a platform for seniors to join support networks where they can share experiences, seek advice, and find emotional backing from others who understand their situation. These groups often foster a sense of belonging and community that can be incredibly comforting.

3. Access to Information

Facebook groups can serve as valuable resources for information and advice. Seniors can join groups that focus on specific topics such as health tips, financial planning, or travel recommendations. Group members often share articles, personal experiences, and tips, which can be helpful for seniors looking to stay informed on various subjects.

4. Easy Communication

Seniors may find it challenging to keep up with family and friends who live far away. Facebook provides an easy way to stay in touch through group chats and posts. By joining family or friend groups, seniors can share photos, updates, and memories without the need for complex technology. This can enhance their relationships and keep them feeling connected.

5. Learning Opportunities

Many groups on Facebook offer educational content, including workshops, webinars, and discussion forums.

Seniors interested in learning new skills, whether it be cooking, crafting, or even digital literacy, can find countless resources. Engaging in these groups fosters lifelong learning, which can contribute to overall mental well-being.

6. Promoting Active Lifestyles

Several Facebook groups focus on health and fitness activities tailored for seniors. From walking groups to yoga classes, these communities encourage active lifestyles. Participating in wellness-focused groups can motivate seniors to maintain their physical health and share their fitness journeys with others, creating accountability and support.

7. Local Events and Community Engagement

Seniors can stay informed about local events and activities through neighborhood or community groups on Facebook. This can include gatherings, volunteer opportunities, or cultural events, allowing seniors to engage with their communities and participate in social activities that may otherwise go unnoticed.

8. Ease of Use

Facebook's user interface has become increasingly senior-friendly, with larger fonts, easy navigation, and accessibility features. Many seniors find it easy to learn how to use Facebook and join groups, making it an approachable option for staying socially active without feeling overwhelmed by technology.

Conclusion

The benefits of seniors using Facebook for groups are vast and impactful. From fostering community connections and support networks to providing easy access to information and learning opportunities, these virtual spaces can significantly enhance the quality of life for older adults. As technology continues to evolve, embracing platforms like Facebook can help seniors remain engaged, informed, and connected with the world around them.



The Project Independence and You Radio Show

The Project Independence and You Radio Show celebrated its 13th anniversary on September 20th. Over the last 13 years, the show has been dedicated to disseminating important information to senior residents and to the North Hempstead community.

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. 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!

If you have any suggestions regarding possible topics or guests, please contact 311 or (516) 869-6311.

If you missed an episode, visit www.northhempsteadny.gov/PI-Radio-Shows or visit the WCWP Studios YouTube page. Check out full episodes on North Hempstead TV: Cablevision Channels 18 or 65; Verizon FIOS Channel 46, or visit www.myNHTV.com for latest schedules.

The Project Independence podcast is also now available from your favorite podcast provider! Just search *Project Independence and YOU!* and subscribe.

Taking Steps to Prevent Falls

When you're young, an injury from a fall may sideline you for a few days or weeks, but a full recovery is usually quick. As you get older, the consequences of falls can become more serious, setting up a sequence of events that can have longstanding implications on your independence and health.

It doesn't have to be that way, however. Although falls typically become more common and can be more serious as you age, falls are not a natural part of getting older. In fact, most falls are preventable. Knowing the factors that put you at greater risk of falling and taking proper steps can help prevent falls.

Risk factors for falls in older people include overall health (chronic diseases and physical conditions), environment (hazards and situations at home) and behaviors, such as rushing around or standing on a chair to reach something.

These steps from the experts at the National Council on Aging can help prevent falls:

- **Stay active:** Exercise helps increase or maintain coordination and muscle tone that can keep you steady on your feet and your reactions sharp. Walking, gardening or taking an exercise class are just a few ways to keep your heart healthy and your muscles toned.
- **Manage underlying chronic conditions:** The better your overall health, the lower your risk of falls. Chronic conditions like diabetes, depression, osteoarthritis, obesity and high blood pressure can increase your risk. Managing those conditions by seeing your health care provider regularly, taking medication as prescribed, eating a healthy diet and choosing appropriate exercise can help prevent falls.
- **Review medications:** Side effects from and interactions with some medications can cause dizziness that can increase the risk of falling. Types of medicine associated with an increased risk include sedatives and diuretics as well as those used to treat high blood pressure and anxiety. Talk to your doctor about all prescriptions and over-the-counter medicines you are taking.
- **Get your eyes checked:** Vision changes as you age, so it is important to get your eyes checked once a year to make sure your prescription is up to date and screen for any eye-related diseases like cataracts and glaucoma, which are usually treatable when caught at an early stage.
- **Assess your home:** Look around your home for potential hazards. Consider enlisting the help of a family member or neighbor who may be more likely to notice things you don't. Install grab bars in your bathrooms, get rid of slippery throw rugs (or add a rubber backing) and keep passageways inside and outside your home well-lit and free from clutter and debris.

For more tips and information, visit <https://www.acl.gov/fallsprevention>. Call 311 or (516) 869-6311 to find out about fall prevention programs through Project Independence.



Giving to the Next Generation

Administration on Aging-Eldercare Locator

From self-expression to self-direction, there are countless ways for older adults to stay engaged and give back to others at the same time. Some of the most rewarding ways to express yourself and contribute to your community involve passing on experiences, wisdom, and skills to the generations that follow.

Everyone has something to share, and these ideas can help get you started.

Mentor - Use professional or personal experiences to guide a child, young adult, or even a peer.

Example: Visit Senior Corps at nationalservice.gov to learn about becoming a foster grandparent.

Volunteer - Put skills to use while giving back to your community.

Example: Sign up to collect food/clothing donations, serve meals at a local soup kitchen, or help older friends with daily tasks at home such as paying bills.

Teach - Impart expertise via formal or informal education and tutoring opportunities.

Example: Check with local schools that may need reading, math, or science tutors.

Speak - Sign up for speaking engagements, paid or unpaid, as well as storytelling events.

Example: Open-mic events often at theaters and libraries, welcome speakers of all ages.

Engage - Visit a senior center or organize a gathering focused on connecting with others.

Example: Book clubs attract participants of all ages and encourage the exchange of ideas.

Write - Pen an article, op-ed, or even a book to communicate wisdom and lessons learned.

Example: Start with something you know a lot about, such as a career, hobby, or historical event, and submit a column to your local newspaper.

Create - Pick a medium and use art to express yourself and share your perspective.

Example: Paint, draw, sculpt, play music, dance, make crafts – whatever suits you.

Looking for more ideas? Visit <https://oam.acl.gov/> any time for resources and inspiration.

NUTRITION TIPS FOR AUTUMN Season

1. Look for Seasonal Produce

Fall brings a variety of hearty root vegetables with its season! This includes apples, pears, figs, carrots, cauliflower and winter squash variety. To find out the nearest farm stand to you, visit <https://agriculture.ny.gov/farmers-markets-county>

2. Don't Forget to Include Whole Grains!

USDA recommends an average of 6-oz of grains daily based on a 2,000 calorie diet with at least 3-oz coming from whole grain sources! You can start by opting for brown rice, whole wheat pasta or whole grain bread in your next meal.

3. Fill Up On Fruit

Fruits have a variety of nutritional benefits including potassium, dietary fiber, vitamin C and more! Focus on including whole fruits - whether fresh, frozen, canned or dried - in your meals and snacks. Opt for a baked dessert with fruit and a lower amount of added sugar in recipes instead!

For more information on CCE Nassau County's nutrition department, visit our website with the following QR code.



Cornell University
Cooperative Extension
Nassau County

Sources:

<https://ahihealth.org/wp-content/uploads/2021/07/Regional-Healthy-Food-Guide.pdf>
<https://wicworks.fns.usda.gov/resources/myplate-all-about-grains-group>



Project Independence Social Work and Nursing Services

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

Please call 311 or (516) 869-6311 to learn more about the PI Taxi service or to book your taxi reservation.

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

Calling all North Hempstead Veterans

The Town of North Hempstead Project Independence can help connect veterans regardless of age, branch of service or time served to what they are entitled to as a veteran.

Wherever you served, whenever you served, whatever your discharge status, the Town of North Hempstead Project Independence can help connect and assist you to veterans benefits and services.

North Hempstead veterans can also utilize the Project Independence Medical Transportation Program for deeply discounted rates for taxi rides to your doctor, dentist, or treatment center.

Register for the Thank You to Our Veterans Celebration today!

North Hempstead Veterans from all branches of the military are invited to attend this free outdoor BBQ lunch sponsored in part by Bethpage Federal Credit Union. Agencies will be on hand to share information about available veterans' services and benefits. Registration is required.

Friday, November 8, 2024

11 a.m. - 2 p.m. at Clinton G. Martin Park.

Call 311 or (516) 869-6311 to connect to a Project Independence social worker or nurse or to register.



5 TIPS for Exercising Safely in Cold Weather

Don't let falling temperatures stop you from exercising outdoors. By taking a few extra steps to stay safe, you can walk, run, ski, ice skate, and more.

- 1 Warm up and cool down.** Stretch or walk in place to prepare and restore your muscles before and after a workout.
- 2 Pick the right clothes.** Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.
- 3 Be extra careful in snow and ice.** Check sidewalks before using them. Wear nonskid, rubber-soled, low-heeled shoes to help prevent slipping.
- 4 Check the forecast.** If it's too windy, cold, icy, or wet outside, consider staying indoors and using an online workout video or your own routine.
- 5 Be prepared.** Know the signs of hypothermia, inform others of your outdoor whereabouts, and carry a fully charged mobile phone.



To learn more, visit www.nia.nih.gov/health/exercising-outdoors

REMINDER-Get Ready for Medicare Open Enrollment Season

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

Call 311 or (516) 869-6311 for assistance or to register for Project Independence Medicare Assistance programs (SMART VAN & Medicare Part D Program-see page 8)



Town of North Hempstead
 220 Plandome Road
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SMART Van (Family and Children's Association (FCA) Senior Mobile Access to Resources and Technology)

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!

The Van will be available: 10 a.m.-2 p.m.

Thursday, November 14 at Port Washington Adult Activities Center

NO APPOINTMENTS REQUIRED.

Memory Poetry Workshops

In collaboration with *The Story Round's*, facilitated by Jennifer Albertson & Eva Shtein (Founders). This interactive workshop helps you tap into the richness of your past to craft meaningful works of poetry.

Wednesday, November 6 10 a.m.-11:30 a.m. at Clinton G. Martin Park

Friday, December 6 12 p.m.-1:30 p.m. at Port Washington Adult Activities Center

SPACE IS LIMITED. REGISTRATION REQUIRED.

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

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. October 16, November 20, December 18 (PI Holiday Party) and meet both in person and virtual. Registration is required for the in person or Zoom advisory meeting option.

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.

Medicare Part D Which plan is right for you?

Schedule your individual in-person or telephone appointment with a pharmacist to discuss which Medicare Part D plan is best for you. Facilitated by Danielle Ezzo, PharmD, BCPS (Northwell Health/St. John's University)

In-Person Appointments

Tuesday, October 29 10 a.m.-2 p.m.

Port Washington Adult Activities Center

Tuesday, November 12 10 a.m.-2 p.m.

Great Neck Social Center

Telephone Appointments

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

REGISTRATION REQUIRED. Appointments are 30 minutes. For in-person appointments, please arrive 10 minutes prior to your appointment with a list of all medications (prescription and over the counter) and your Medicare card.

Please call 311 or (516) 869-6311 to schedule an appointment or for more information.

Upcoming Fall 2024 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. Flu Shots may be available at certain locations. Dates and protocol are subject to change. Please call 311 or (516) 869-6311 before going to a location.

Screenings are from 10 a.m. - 2 p.m.

Monday, December 2 at Port Washington Adult Activities Center

Wednesday, December 11 at Magnolia Gardens

Thursday, December 19 at Manhasset Valley Residence

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 Troiano, Jr.



Council Member,
 District 2
 Edward Scott



Council Member,
 District 3
 Dennis J. Walsh



Council Member,
 District 4
 Christine Liu



Council Member,
 District 5
 David A. Adhami



Council Member,
 District 6
 Mariann Dalimonte



Town Clerk
 Ragini Srivastava



Receiver of Taxes
 Mary Jo Collins

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

STAY CONNECTED



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