



# 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. 12 NO. 3

FALL 2018

## GREETINGS!

Fall is upon us and as the winter months are approaching it is time to start thinking about prepping for colder weather. In this issue of the Pioneer you will learn about winter preparedness and the importance of creating a storm checklist, getting your flu shot, as well as winter driving safety tips and other helpful advice to keep your family safe during the colder months.

Save the date for our "Getting Ready for Jack Frost" program on October 25 at Clinton G. Martin Park. This will be an informative seminar, which will give our Project Independence members handy tips and useful tactics to stay safe and healthy during the winter months.

Do not miss out on this event and more to ensure that you and your family are prepared for any winter weather that may be headed our way in the upcoming months!

Warm regards,

*Judi Bosworth*

Judi Bosworth  
North Hempstead Town Supervisor



## North Hempstead Alert

The North Hempstead Alert Emergency Notification System uses Swift 911 to rapidly deliver a recorded notification via telephone, email or text message to targeted homes and businesses in the event that an emergency takes place within the Town's jurisdiction. Such situations may include water main breaks, flooding, terrorist threats, hazardous materials emergencies, weather emergencies or natural disasters. Non-emergency contact may be made in the event of Town water department pipe flushing, as temporary pressure variations and discoloration may occur.

Register today at  
[www.northhempsteadny.gov/](http://www.northhempsteadny.gov/).





## Preparing for Winter Storms Before, During and After

*By Otto Lohse (PI Member)*

Winter storms bring the possibility of many things most people don't like. As you get older or perhaps live alone these possibilities could become bigger issues. To name a few:

- Isolation
- No food
- No communication
- Trapped in your house or maybe your car
- Power outages - no heat
- Can't fulfill Medical needs – e.g. dialysis, oxygen
- Required medications not available
- No cash

It is pretty close to impossible to prepare for every hurdle that might come along. What can you do to minimize the impact of these scenarios?

Obviously, it's too late once the storm hits – you must prepare in advance! Step one is pay attention to warnings and weather forecast. Below is a checklist from FEMA on how to stay safe during winter storms- before, during and after!

None of the described scenarios that can result are pleasant. Don't procrastinate!!

Call 311 or 869-6311 for information or to arrange for a social worker to assist you in the storm preparation process.

## How to Prepare for a Winter Storm

Winter storms can cause power outages that last for days. They can make roads and walkways extremely dangerous and also negatively affect critical community services including public transportation, childcare, and health programs. Injuries and deaths may occur from exposure, dangerous road conditions, carbon monoxide poisoning, and other winter storm conditions. Be better prepared this winter, and learn more at [ready.gov/prepare](https://ready.gov/prepare).

### Now/Prepare

**Sign up** for local alerts and warnings.

**Create and test** emergency communication plan(s).

**Stock emergency supplies**, and install battery-powered or battery backed-up carbon monoxide detectors and smoke detectors.

**Winterize your home.**

**Review** your property insurance, and safeguard critical documents.

**Get trained** on specific needs your family may have. Also, consider joining your local Community Emergency Response Team (CERT).

**Identify** a place nearby where you can safely warm up should you lose heat in your home.

### During/Survive

**Stay indoors** and off the roads. if you must drive, keep emergency supplies in your car.

**Close off rooms** to consolidate and retain heat.

**Dress in layers**, and uses blankets to stay warm.

**Bring pets into a warm place** and out of the storm or severe cold.

**Never use a generator**, camp stove, charcoal grill, or gasoline or propane heater indoors, as these items can start accidental fires, cause electric shock, and/or cause deadly carbon monoxide poisoning.

**Never heat** a home with a cooktop or oven.

**Limit your time outdoors**, and stay dry.

### After/Be Safe

**Only drive if necessary.** Remove snow and ice from your tailpipe before starting your car, and check regularly if idling. Clean all snow and ice from your car before driving.

**Dress in warm clothing**, stay dry, prevent prolonged exposure to cold and wind, and avoid overexertion clearing/shoveling snow. Overexertion can lead to a medical emergency.

**Monitor local news** and alerts for emergency information and instructions.



## Vital Document Checklist

When disaster strikes, your immediate concern will be your safety and the safety of those you care about. Once the immediate danger passes, however, having your financial and medical records and important contact information will be crucial to help you start the recovery process quickly. Taking time now to safeguard these critical documents will give you peace of mind, ensure you have access to essential medical and prescription information, and help you avoid additional stress during the difficult days following a disaster.

Using the checklist below, collect all the important papers that apply to you. Make copies and store them in a weatherproof tote or even a large plastic zip-top bag. Keep your packet of documents someplace easily accessible so that you can get to it quickly in the event you need to evacuate in a hurry.

- Personal identification like a passport and driver's license
- Personal medication record and medical immunization records
- Social Security card
- Health Insurance cards
- Financial records like recent tax returns, bank statements, retirement accounts, credit card numbers and records of any stocks and/or bonds
- Insurance policies
- Deed(s) to your house or other properties
- Family records (wills, birth, marriage, divorce, adoption, death certificates, etc.)
- Legal titles (home, auto) and/or lease agreements
- Important phone numbers of family members, friends, doctors, and insurers (anyone who needs to know where you are)
- Records of passwords and personal identification numbers (PINs)
- Video and photo inventory documenting your valuables and the interior and exterior of your home
- Cash and/or traveler's checks

Source-FEMA

## Pet Disaster Preparedness

Learn how to prepare your pets for an emergency evacuation and help them recover afterward.

In an emergency, your pets will be even more dependent on you for their safety and well-being. Your family's disaster plans must include your furry family members too. Learn what to do to keep your beloved pets safe!

- Food (Keep at least three days of food in an airtight, waterproof container)
- Water
- Medicines and medical records
- First aid kit
- Collar with ID tag, harness or leash
- Important documents (registration information, adoption papers, vaccination documents and medical records)
- Crate or other pet carrier
- Sanitation (pet litter, litter box)
- Picture of you and your pet together
- Familiar items

Source-Ready.gov



**Supervisor Judi Bosworth and Animal Shelter Director Jenna Givargidze with one of the Shelter's dogs, River.**





## Winter Driving Safety Tips

By Chari Biton

*Senior Mobility Manager, Town of North Hempstead Dept. of Services for the Aging*

If bad weather is forecasted, get all your errands done in advance- get prescriptions filled, pay bills, stock up on food, and plan to stay in. **IF YOU MUST GO OUT**, we have some tips for you:

- Keep your gas tank full in the event you have to change routes or turn back due to bad weather
- Charge your cell phone in advance; keep a charger in the car
- Tune up cars before the season, check antifreeze, wiper fluid, etc. Make sure wipers, batteries, and defrosters are working. Colder temperatures can affect tire pressure (check once a month)
- Allow for extra travel time and time to clean off the car properly
- Never warm your car up in the garage. AAA Suggests putting heat on first for 2 minutes (eliminates moisture in the air/better for defogging) then put defroster on
- Clean off the entire car – including the roof, the hood/trunk, lights. Driving with a snowbank or iceberg on your roof is unsafe for you and others on the road
- Always buckle seat belts, it's the law and could save your life in an accident
- Maintain a greater distance between you and other vehicles. Reduce speed. The posted speed limit is for ideal travel conditions
- Brake gently to avoid skidding. If your wheels start to lock up, ease off the brake. Accelerate slowly to avoid fishtailing. Avoid sudden stops and quick direction changes. Signal early to inform others of your movement
- Carry equipment that would be helpful in an emergency: blankets, flares, hazard triangles, salt or sand, shovel, brush/scrapper, glass cleaner, paper towels, water bottle and snacks for the car
- Dress to be seen: reflective trim, stickers, light colors. Wear boots with a tread
- It is dangerous to exit your car on a highway/busy road. Move to a safe place, put hazard lights on, use your cell phone to call for assistance
- A majority of pedestrian deaths occur when a driver does not expect a pedestrian. Be predictable, use crosswalks, and wait for the signal. Make sure to press button for maximum crossing time
- Assume dark patches are black ice. Walk carefully, even if you step out to pick up the newspaper – Wear proper shoes, sprinkle sand or salt ahead of you. If you find yourself on ice, walk like a penguin
- Shoveling tips: Arrange in advance for someone to do this for you, a landscaper, or call your local hardware store for a referral. If you must, push the snow when it is light

### WINTER DRIVING KIT

The following items, carried in your car can be invaluable should an emergency develop:

- Bag of abrasive material (sand, salt or cat litter)
- Small snow shovel
- Snow brush
- Traction mats
- Flashlight
- Glass cleaner
- Gloves or mittens
- Ice scraper
- Cloth rag or paper towels
- Booster cables
- Blanket
- Warning flares or hazard triangles
- Cellular phone





## Getting Ready For Jack Frost!

### A Seminar about Winter Health and Safety

**October 25, 2018  
9:30 - 11:30 a.m.**

Clinton G Martin Park  
1601 Marcus Avenue  
New Hyde Park

Educate yourself on the various means and tactics available to help you deal with winter safely and economically.

Speakers:

#### Traveling Safely in Ice and Snow

Chari Biton, TONH  
Dept. of Services for the Aging  
Senior Mobility Manager

Eileen Beetar,  
AAA Traffic Safety Professional

#### Staying Healthy During the Winter Months

Joanne Tricarico, RN  
Northwell Health/PI Nurse

Margaret Gatzonis,  
PI Exercise Instructor

#### Home Safety and Preparing your Home for Winter

John Driscoll,  
Second Assistant Chief of the  
Carle Place Fire Department

Jamie Iuculano,  
Owner of Albertson Hardware,  
915 Construction and Design  
and Handyman Express

## How to Prevent Fires in Your Home



Home fires occur more in winter than in any other season. As you stay cozy and warm this winter season, **be fire smart!**

**Half of all home heating fires** occur in the months of



**Heating equipment** is involved in **1** in every **7** reported home fires and **1** in every **5** home fire deaths.

Keep anything that can burn at least **3** feet from any heat source like fireplaces, wood stoves, radiators, or space heaters.

Keep portable generators outside, away from windows, and **as far away as possible from your home.**

**Install and test** carbon monoxide alarms at least **once a month.**



Have a qualified professional clean and inspect your chimney and vents **every year.**

Store cooled ashes in a tightly covered metal container, and keep it outside at least **10** feet from your home and any nearby buildings.

Plug only **1** heat-producing appliance (such as a space heater) into an electrical outlet at a time.



For more information on how to prevent winter fires, visit [www.usfa.fema.gov/winter](http://www.usfa.fema.gov/winter) and [www.nfpa.org/winter](http://www.nfpa.org/winter).







## Winter Mobility Tips

by Kelly Steinmann, RN, Northwell Health/PI Nurse

Winter can be a very scary time for seniors regarding mobility. There are ways to decrease your risk of falling and injury.

- Contact a Project Independence nurse for a fall risk assessment of you and your home
- Keep an eye on the weather – if there is bad weather predicted, do not wait to get needed supplies
- If bad weather is upon us – do NOT go outside for unnecessary things
- Do NOT drive in snow and ice. Reschedule doctors' appointments or other appointments
- Wear appropriate foot wear with rubber bottoms to aid in gripping wet surfaces
- Avoid wet looking surfaces when walking as they can have ice under them
- Wear a fall alarm system to get help in emergency situations
- Hold onto railings when going up and down steps
- Don't carry heavy items in your hand – keep your hands free
- Plan ahead for snow removal –working on that now will help in case of a storm
- Place a small table next to your front door with a flashlight to use if the power goes out
- Make sure your cell phone is charged
- Contact a neighbor to let them know you are going to be home during the storm and ask them to check on you
- Join an educational class on how to reduce your risk of falling such as Northwell's "Stepping On" class, 7 week program for Project Independence members

## Meals on Wheels

EAC Network provides at-risk seniors with daily nutritional meals as well as a warm visit from Meals on Wheels drivers and volunteers. The program provides healthy meals, nutrition education, links to additional social services, and friendly visitors to home-bound seniors. After an initial assessment to determine program eligibility, seniors are added to the delivery route to receive much-needed meals. Furthermore, the program provides more than just food: drivers and volunteers deliver a smile, friendly visit, companionship, and socialization – valuable contact for those who live alone. Dependent on funding, birthdays are celebrated with a cake and pet owners may also receive pet food.

Call 311 or 869-6311 to get connected to Meals on Wheels.

## Tune into the Project Independence and You Radio Show

**Learn how to be prepared in all aspects of your life and to stay up to date on all the current happenings within the Town!**

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 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](http://www.northhempsteadny.gov/PI-Radio-Shows)  
 Call 311 or 869-6311 for more information.





## The Town of North Hempstead wants to Keep You Proactive and Healthy!

### *Hearing and Cardiac Screenings*

The Town has partnered with the Center for Hearing Health at Mill Neck for FREE hearing screenings and with St. Francis Hospital for FREE cardiac screenings.

**Both screening vans will be at the following locations from 10 a.m. - 2 p.m.:**

**Tuesday, September 25, 2018**  
Fuschillo Park  
Carle Road at Broadmoor Lane,  
Carle Place

**Thursday, October 11, 2018**  
Magnolia Gardens  
899 Broadway, Westbury

**Monday, November 5, 2018**  
North Hempstead "Yes We Can"  
Community Center  
141 Garden Street, Westbury

**Thursday, December 6, 2018**  
Great Neck Social Center  
80 Grace Avenue, Great Neck

**Thursday, December 13, 2018**  
Manhasset Valley Residence  
155 East Shore Road, Manhasset

**Just the cardiac screening van will be at the following locations from 10 a.m. - 2 p.m.:**

**Tuesday, October 2, 2018**  
Clinton G Martin Park  
1601 Marcus Avenue, New Hyde Park

**Thursday, October 18, 2018**  
Port Washington Senior Center  
80 Manorhaven Boulevard, Port Washington

**Tuesday, December 4, 2018**  
**11 a.m. - 2 p.m.**  
Sid Jacobson JCC  
300 Forest Drive, East Hills

**More Dates To Come In 2019!**

### *Seasonal Flu Shots*

Any Town of North Hempstead resident aged 60 and older can register for any of the locations listed.

**Wednesday, September 26, 2018**  
**10:30 a.m. - 1:30 p.m.**  
Great Neck Social Center (Room 5)  
80 Grace Avenue, Great Neck

**Thursday, September 27, 2018**  
**10:30 a.m. - 1:30 p.m.**  
Port Washington Senior Center  
80 Manorhaven Boulevard,  
Port Washington

**Wednesday, October 3, 2018**  
**1:30 p.m. - 3:30 p.m.**  
Michael J. Tully Park  
1801 Evergreen Avenue,  
New Hyde Park

**Wednesday, October 10, 2018**  
**12 p.m. - 2 p.m.**  
North Hempstead "Yes We Can"  
Community Center  
141 Garden Street, Westbury

**\*\*APPOINTMENTS REQUIRED\*\***  
Please bring your Medicare card.

Please call 311 or 516-869-6311 to make an appointment or for more information.

\* The shots are the regular QUADRIVALENT FLU VACCINE THAT IS LATEX and PRESERVATIVE FREE. This is not the Enhanced vaccine for those over 60

## Project Warmth Emergency Fuel Fund



Currently, one out of three households on Long Island don't earn enough to make ends meet or heat their homes during the bitter winter months. Project Warmth's Emergency Fuel Fund can make a significant difference for families in our region. As Long Island's only non-government, island-wide emergency fuel fund, Project Warmth is a safety net for individuals and families who are unable to pay their heating bill. This program provides one-time grants to provide payments to oil and utility companies on behalf of eligible residents facing heating emergencies. For the hundreds of families we help each year, assistance with an oil delivery or utility arrears means they have room in their budgets to cover essentials like food or medication.

### NEED ASSISTANCE?

You will be able to apply for Project Warmth in December.

If you or someone you know needs emergency heating assistance, call United Way's 2-1-1 Long Island Information and Referral center by dialing 2-1-1 (or 1-888-774-7633) 7 days a week 9 a.m. - 5 p.m. for alternate referrals.



**Town of North Hempstead**  
220 Plandome Road  
Manhasset, NY 11030

PRST STD  
U.S. Postage  
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New York  
Permit No. 460

## Help for Homebound Seniors

Project Independence social workers and nurses are available to make home visits and can connect you to available services in the community. Some services include blood pressure screenings, healthcare coordination, entitlements/benefits assessments and assistance (food stamps, home heating, low-income programs), food and nutrition support (Meals on Wheels, food pantries) and more.

If you are 60 or older, isolated at home and in need of support and assistance in North Hempstead, please call 311 or 516-869-6311 or mail this slip to:

Project Independence  
Town of North Hempstead  
Clinton G. Martin Park  
1601 Marcus Avenue, New Hyde Park, NY 11040

### Project Independence Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

All personal information will be kept confidential.



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  
**Anna M.  
Kaplan**



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](http://www.northhempsteadny.gov) for more Town information.

STAY CONNECTED



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