



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. 1

Winter 2018

Wheel of Health



Mindfulness
 Self Care
 Professional Care

*CAM Treatments - Complementary & Alternative Treatments
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A MESSAGE FROM SUPERVISOR BOSWORTH

Greetings,

A new year is always a reflective time and often a wonderful opportunity to assess our lives and set some personal goals. We are never too old to look for ways to improve our health, lifestyle and increase our happiness quotient! I hope that in 2018 you have set some goals for yourself. This New Year I encourage all of you to join me in focusing on health and wellness. We all know how important it is to stay active and healthy, both mentally and physically. North Hempstead offers many ways to do this! There are a wide variety of free programs and services offered through Project Independence to help you stay on track and achieve those goals. From our fitness classes, to our health seminars and screenings, to our mindful coloring program and our nutrition classes, there are so many options for you to participate in which will help to make your New Year's resolutions stick.



I hope to see you all at one of our many Project Independence programs this year. Wishing you and your families a happy and healthy new year.

Judi Bosworth
 North Hempstead Town Supervisor



Nutrition Tips for the New Year

By Patrick Moran MS, RDN
Clinical Dietitian
Northwell Health-Huntington Hospital

Below are some tips to keep you healthy in the new year!

- Choosing nutrient dense foods is key, so be sure to eat a variety of these foods in order to get all your nutrients: lean protein, whole grain, fruits, vegetables, and low-fat dairy.
- If you have history or risk for chronic disease, eating healthy can also help you to manage the disease.
- Despite the need for fewer calories as we age, don't forget to maintain energy levels by consuming adequate amount of food.
- Try to cook ahead and keep frozen portions in order to ensure you eat even when you don't feel like cooking.
- Add flavor to your food without picking up the salt shaker, try using spices and herbs instead.
- Contact your healthcare provider if you are having trouble chewing or swallowing, or you think your medicines might be affecting your appetite.
- Stay hydrated! Fluid is extremely important for your health in order to keep your body functioning properly, so be sure to frequently sip on water, tea, and coffee.
- Get active in order to stay strong and independent as you age. Aim to get in 150 minutes of moderate-intensity physical activity each week. Pick an activity that is appropriate for your fitness level, walking is a great start.

Human Services Highlighted Programs for 2017

- There were over 500 attendees at the Aging in Place in Suburbia: Toolbox for Living Well Conference and Expo. Constituents were able to collect aging in place information from over 70 vendors, and attended a variety of panel discussions covering topics ranging from relationships, integrative health, cultural wellness to Medicare Part D and Beyond.
 - Brain Games and Stepping On Fall Prevention were provided throughout the Town and well attended. Over 2,700 Fall Prevention education services were provided.
 - Well over 100 Flu Shots were provided to PI Members.
 - The Clear Captions Phones Community Education Chat was successful in helping seniors with hearing problems.
 - Blood Pressure screenings continue to be very helpful for seniors: allows seniors time to discuss health concerns, medications and get referrals.
 - Based on the recommendations for appropriate plans at the *Medicare Part D-Which plan is right for you?* chat, a total of over \$17,000 would be saved!
- More exciting programs to come in 2018!



Aging in Place Conference 2017



THE BENEFITS of ADULT COLORING & BRAIN GAMES

by Audrey Dinstell LCSW
JASA/Project Independence Social Worker

In the past several years adult coloring and brain games have grown in popularity.

Coloring brings us back to childhood, a time of fewer responsibilities and less stress. Tapping into our childhood memories can be cathartic and enjoyable. Coloring actually utilizes the areas of our brain that helps us focus and concentrate. By using a myriad of colors and designs it brings about a calming effect on our brain. When we mindfully engage in coloring it reduces feelings of anxiety and stress and can replace negative thoughts with positive ones.

Brain games or teasers should be fun yet challenging. Although the brain is not a muscle, you can think of your brain as another muscle in your body that needs ongoing strengthening. Doing games and teasers can improve memory and brain processing speed. They can also improve concentration and boost your overall brain activity. There are many computer based brain games you can play as well as books filled with games and teasers. Trying a variety of brain activities can be more beneficial than doing the weekly crossword puzzles and Sudoku.



Mindful Coloring at Yes We Can Community Center

A Helpful Household Hint

By PI Member, Eleanor Reed

Getting groceries from my car into the house had become a dreaded backbreaking chore, until I shared my thoughts to a friend in the supermarket. She said, “You should get a fold up shopping cart. When you get



home from shopping, open your trunk and load up the bags into the cart. Wheeling it into your kitchen is a breeze, and Voilà, emptying your cart is also a breeze” My life, literally, hasn’t been the same since using this suggestion!

Call 311 or 869-6311 to find out about various Project Independence Mindfulness Coloring and Brain Games programs offered.



North Hempstead Town Supervisor Judi Bosworth (center) celebrates the 6th anniversary of the Project Independence and You Radio Show.



AGING IN PLACE SOUND SUGGESTIONS FROM OTTO LOHSE: FROM ONE SENIOR TO ANOTHER

These thoughts are suggestions with the realization that everyone's circumstances are different. Individual situations may have limitations in terms of what can be done. My belief is to try and do the best you can under your circumstances.

HEALTH & FITNESS

We rarely talk about laundry but it's an important part of personal hygiene. If you do your own, make sure you have the washer and dryer in a safe, convenient location. If you can't do your own, how about a family member or laundry service?

Exercise is constantly discussed for its health benefits. We don't have to join a gym. Moderate exercise can be done at home e.g., walk around your dining room table while listening to the radio or music.

No offense to dentists but most of us don't like visiting them. Not necessarily fun but force yourself to go – good gums and clean teeth are critical for your overall health.

Sleeping is another key component to our well-being. Check out your sleeping environment and arrangement. Difficult as it may be, perhaps it needs to be changed.

How often do you say talk louder? Maybe you have to do something about your hearing? Talk to PI about various options.

HOME & SAFETY

In the past we discussed the good and the bad about driving a car. Should you be driving? Giving this ability up is a major move that won't make us happy. The PI taxi program is a wonderful option for some of your transportation needs. You can also talk with PI about other options or making sure your car fits any physical limits you may have. PI provides analysis and suggestions about how your car might be better suited for driving by you. The next CarFit Event will be on Wednesday, May 16, 2018 from 9:00 AM-1:00 PM at North Hempstead Beach Park. To schedule your appointment, call AAA, 516-873-2364. For an individual appointment with the PI Mobility Manager, call 311 or 869-6311.

We have talked in the past about driving hurdles like people not using turn signals or ignoring stop signs. Another major problem is tailgating. Hopefully you are not the one doing the tailgating. Typical reasons given are late for something, just impatient or even a bully using the car as a weapon. Don't let the tailgater get you – stay calm – move over if possible.

SOCIALIZE

Define purpose for your day. Remember – it takes as long to do something as to do nothing – why not do something? Go out, socialize, put together family history, organize and identify old photos, put a story to your memorabilia for future generations. Go to the many social opportunities available through PI.

Our attitude and what goes on in between our ears is all we can attempt to control. Most of us are not born with perfect positive attitude. Staying positive requires work on a daily basis, but it's worth the effort. The pity pot has to be flushed out every now and then.

Don't be judgmental – it's easy to say what someone should do but until you are in someone else's shoes you really don't know what they are going through. If circumstances do change our ability to adapt to change becomes a major test to which we must be responsive.

And Remember, Positive Mind,
Positive Vibes, Positive Life!



Manage Stress in the New Year

(National Institute of Mental Health)

The effects of stress tend to build up over time. Taking practical steps to manage your stress can reduce or prevent these effects. The following are some tips that may help you to cope with stress:

1. Recognize the signs of your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed, and having low energy.
2. Talk to your doctor or health care provider. Get proper health care for existing or new health problems.
3. Get regular exercise. Just 30 minutes per day of walking can help boost your mood and reduce stress.
4. Try a relaxing activity. Explore stress coping programs, which may incorporate meditation, yoga, Tai Chi, or other gentle exercises. Project Independence offers many free exercise programs. For some stress-related conditions, these approaches are used in addition to other forms of treatment. Schedule regular times for these and other healthy and relaxing activities.
5. Set goals and priorities. Decide what must get done and what can wait, and learn to say no to new tasks if they are putting you into overload. Note what you have accomplished at the end of the day, not what you have been unable to do.
6. Stay connected with people who can provide emotional and other support. To reduce stress, ask for help from friends, family, and community or religious organizations.

Stay Active and Social with Project Independence!

- PI Exercise Classes
 - Tai Chi, Yoga, Fitness, Zumba and Line Dancing
- Fall Prevention
- ROMEO men's social group
 - 1st and 3rd Mondays
- Senior Talk Group
 - 1st and 3rd Thursdays at Roslyn Community Center
- Blankets of Love
 - Crocheting and Knitting for a Cause
 - Tuesdays at Clinton G. Martin Park
- Men's Social Group
 - Fridays at Parkville Library
- Social Discussion Group
 - Thursdays at Parkville Library
- Current Events Groups
- Project Independence Players (Drama, Improvisation, Music, Dance, Poetry)
- Games People Play
- Mindfulness Coloring
- Community Education Chats

Call 311 or 869-6311 for a schedule of Project Independence events or if you are interested in signing up for the monthly email newsletter.

Join a Project Independence Advisory Committee and Make a Difference!

The senior advisory committees meet monthly and discuss the needs of Town residents 60 and over and offer suggestions for new programs.



It is Never TOO Late to Form New Relationships: Flirting Rules to Remember

By Fran Greene LCSWR. The Flirting, Dating and Relationship Coach

Author of Dating Again with Courage and Confidence-A 5-Step Approach to Revitalize You Love Life After Heartbreak, Breakup or Divorce. Author of The Flirting Bible - Your Ultimate Guide in Reading Body Language, Getting Noticed and Meeting More People Than You Ever Thought Possible

Rule # 1 - **Make the first move**

Move closer to the person you want to meet and say hi, I'm (insert your name).

Rule # 2 - **Enjoy the moment**

Stay in the present and appreciate the encounter you are having.

Rule # 3 - **Focus on making your flirting interest feel like a million bucks**

It's all about giving your undivided attention to your flirting interest.

Rule # 4 - **Smile**

It's like the common cold, quite contagious! A smile more than anything else will make you approachable and more attractive.

Rule #5 - **Make eye contact**

It sends the message that you are interested and value the other person.

Rule #6 - **Have fun**

Please, don't take yourself too seriously. Being playful and lighthearted is a great way to melt the ice.

Rule # 7 - **Don't worry about being a perfect flirt**

Showing your vulnerability and your ability to laugh at yourself is very endearing.

Rule # 8 - **Compliment**

This is my all-time favorite way to start a conversation. Shhh it's a secret, the best compliments are the ones that are unique and different.

Rule # 9 - **Listen**

It seems so simple but most of us spend more time talking than listening. When you listen, your flirting interest will be enamored with you.

Rule # 10 - **It's okay to end a flirt**

If you are feeling uneasy, or your flirting interest is giving you the cold shoulder a perceptive flirt knows when to call it quits.



Fran Greene at conference



PI Holiday Party 2017



Town of North Hempstead
 220 Plandome Road
 Manhasset, NY 11030

PRST STD
 U.S. Postage
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 Flushing
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 Permit No. 460

CarFit Event

Wednesday, May 16, 2018
 from 9:00 a.m. - 1:00 p.m.
 North Hempstead Beach Park

Spring Fling Senior Dances

Friday, March 9, 2018
 from 11:00 a.m. - 2:00 p.m.
 Clinton G. Martin Park

Friday, March 16, 2018
 from 11:00 a.m. - 2:00 p.m.
 Fuschillo Park

Spring Fest

May 5, 2018
 from 12:00 - 5:00 p.m.
 Clark Botanic Garden

Asian American Festival

May 19, 2018
 from 12:00 - 5:00 p.m.
 North Hempstead Beach Park

Call 311 or 869-6311 for more information on upcoming events!

Town of North Hempstead “Project Independence and You” Radio Show
Tune in Fridays from 10 a.m. to Noon on 88.1FM or WCWP.org

“Project Independence and You” is in its seventh year. 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. This year’s new segment, Talk of the Town, discusses upcoming programs, events and what is going on within the Town!

Tune in, Become a co-host, Record your story!
 Call 311 or 869-6311 for more information.

Veterans Discounts

The Town’s Veterans Discount program encourages local businesses throughout North Hempstead to provide discounts for veterans, as a way of saying thank you for their service. We encourage you to reach out to your favorite local business and spread the word about this initiative. For more information on businesses in your area who are participating, please visit www.NorthHempsteadNY.gov/Veterans.

If you are interested in signing up for the Project Independence Monthly Email Newsletter, please call 311 or 869-6311.



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 for more Town information.

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